

## Herbal Hair Detangler



### Ingredients:

1 ½ cups distilled water

1 Tbsp. marshmallow root

Hair care herbs of choice (see hair care herb and oil list on blog)

1 cup aloe vera liquid

30 drops essential oil(s) of choice

### Instructions:

Whisk the water and marshmallow root in a small saucepan over med-high until it starts to bubble. Lower the temperature and let simmer for 20 minutes, stirring occasionally. Meanwhile chop fresh or add dried herbs to a pint jar about half full. Pour the marshmallow decoction over the herbs, cover and let steep for 15 minutes. Strain and let cool. Add the aloe vera and mix to combine. Add the essential oil(s) to a 4 oz. spray bottle and pour the herbal infusion to the top of the spray bottle. Cap, shake and label.

### To Use:

Spray all over hair, either wet or dry and then comb through. This blend not only detangles hair but nourishes and prevents split ends.

### Simple Detangler

4 oz. distilled water

1/8 tsp. fractionated coconut oil

30 drops essential oil(s)

Mix all ingredients in a spray bottle. Shake it up before each use.