

## Coconut Oil Hair Recipes

### Coconut Oil Shampoo



Here is one of my favorite coconut oil shampoo recipes, that will leave your hair feeling soft and healthy. As every person's hair is different, feel free to adjust the coconut oil level to suit your hair needs. For **fine hair** you may reduce the coconut oil amount as needed to 1/4 cup, and for thick dry or curly hair, you may need to increase this amount or add a few drops of avocado oil as well.

- 1 cup liquid castile soap
- 1/3 cup canned coconut milk
- 1/3 cup coconut oil
- 50-60 drops of favorite essential oils

Melt coconut oil and coconut milk together over very low heat, as to not damage any of the nutrients. Pour into a bottle with a secure lid, and top with the castile soap. Shake well. And then, shake some more. Add 50 drops of your favorite essential oils, and shake again.

Great essential oils for hair include lavender, wild orange, peppermint, lemongrass, rosemary, clary sage, and rosemary.

This shampoo will not be as thick as commercial shampoos; squeeze on hair directly from the bottle. Wash, and rinse well.

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### Coconut Oil Conditioner



- 2/3 cup coconut oil
- 1 tablespoon vitamin E oil
- 1 tablespoon Jojoba oil
- 10 drops of your favorite essential oil

Mix all ingredients in a bowl with a hand mixer until well combined. This may take several minutes. You want a smooth and creamy conditioner. In the shower, after washing hair with Coconut Oil Shampoo, use a teaspoon or two and smooth through hair. Allow to penetrate hair for the remainder of your shower, and rinse very well.

NOTE: If you color your hair, especially red, coconut oil may fade the color. For most hair types and colors, it will not.

BONUS: Coconut oil is a great base for natural hair colors as it penetrates the hair shaft. For darker hair, mix 2 tablespoons of coconut oil with 1 cup of strong coffee, with 1 tablespoon of spent grounds, and apply to hair. Allow to sit for 45 – 60 minutes, the longer you leave it, the darker the results. Rinse well and style as desired.

For blonde hair, or to add subtle highlights, mix 1/2 cup of strong chamomile tea, ¼ cup fresh lemon juice, and ¼ cup coconut oil in a blender until emulsified. Apply to hair and roots and cover with a shower cap. Sit in the sun, or use a hair dryer to keep the cap warm for 45 minutes to 75 minutes. Rinse well.

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## Shopping for Coconut Oil

Using [coconut oil](#) for hair is one of the best things you can do to avoid harmful chemicals that are in many commercial hair care products. Protect hair from the elements, keep it strong, nourished, shiny, and manageable by using coconut oil for conditioning, styling, hair growth, to get rid of dandruff, and treat lice.

Look for extra virgin organic coconut oil; when you open the jar, the aroma should remind you of fresh coconuts.