



# Hair We Grow



## Hair Restoration Checklist

### Water

- STOP Using Water on your hair that causes build up
- If you have a well, you may have hard water/ water with minerals
- Get a shower filter.
- Gather rain water or clean surface water from a creek or spring
- Use filtered water for for washing and then only special water for all the other steps

### Wash and Rinse

- Wash with Clarifying Shampoo
- Combine: 1 part Hair Rinse with 1 part Rainwater.  
Apply to scalp and hair strands.  
Do not rinse out
- Condition Hair and Rinse with Rain Water only

### Internal

- Drink Hair We Grow Drinking Tea Infusion  
2-4 cups 3- 5 times a week.  
I make my tea by the 1/2 gallon
- Add Gelatin and Collagen to smoothies, green drinks or your supplement routine
- Bone Broth is also great!
- Increase Protein Intake

### Weekly Mask

- Apply mask to clean hair that has also been rinsed with your ACV herbal Hair rinse. The mask is the condition step. Apply mask to scalp and all of your hair. Be sure to bring the mask down to your ends. Braid your hair and leave on all day or for a few hours. Rinse out with rain water. I heat up the rain water to remove the mask, because it is oily and can be a bit heavy. You may want to shampoo out the mask to remove oils.





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## Hair Restoration Recipes

### Healthy Hair Drinking Tea

4 parts Nettles

2 parts Horsetail

1 part Dandelion Flower and Leaf

Use 1/2 cup mixture per quart of water

Pour Boiling water over herbs and steep for 4- 6 hours

Any longer and the herbs will become bitter

### Healthy Hair Rinse

4 parts Nettles

2 parts Horsetail

1 part Dandelion Flower and Leaf

1 part Rosemary

Use 1 cup mixture per quart of water.

If using Sample packet combine with 2 cups of water

Pour Boiling water over herbs and steep for 6- 8 hours

Combine 1/3 Apple Cider Vinegar to 2/3 tea in a jar to make a hair rinse that is 30% ACV and 70% Infusion





# *Here We Grow*

## **Hair Restoration Recipes**

### **Moringa, Dandelion, Hibiscus Hair Mask Recipe**

- 1 TBSP Moringa Powder**
- 2 TBSP Hibiscus Flowers**
- 1/4 cup dried Dandelion Flower**



**Heat Infuse these herbs in 1/2 cup of light oil such as Avocado. To do this, place the herbs in a jar with the oil and then the jar into a pot with water. Simmer the pot on the stove on the lowest heat in a water bath for 2-6 hours.**

**This can also be done on a woodstove or crock pot.**

**Strain out the herbs.**

**Combine the herbal oil with:**

- 2 TBSP jojoba Oil**
- 2 TBSP Castor Oil**
- 2 TBSP Aloe Vera Gel**
- 1 cup of high quality conditioner**

**Add Essential oils:**

- 10 drops Rosemary oil**
- 5 drops Peppermint oil**
- 10 drops of cedarwood oil**

**Mix well! You now have a shelf stable Hair Mask  
Use a spatula to transfer into a wide mouth container**

