

hair oiling

SCALP OIL MIXTURE

add 12 drops of pumpkin seed oil to the rosemary mint oil

STEPS

for scalp:

- *warm oil in a separate container*
- *pour oil into root comb applicator bottle*
- *comb oil through scalp using applicator (use about half ounce for entire scalp)*
- *massage scalp with fingers or scalp massager*

for lengths of hair from ears down:

- *spray with water to dampen, add deep conditioning hair mask followed by optional hair oil like argan or jojoba*
 - *braid or twist hair and cover with a heated microfiber towel to lock in moisture for 2-6 hours*
 - *when washing out, use clarifying shampoo to remove the oil from your scalp, follow with your regular shampoo and conditioner.*
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