HEALTHY NEWS

Homemade Soothing Tea Tree & Coconut Shampoo to Remove Dandruff

By bestfolkmedicine · 15/11/2021 · 1 min read



Making your own homemade shampoo has a lot of benefits. Most store-bought shampoos today are full of various detergents and chemicals and they can actually do us more harm than good.

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This being said, it's amazing to know that tea tree and coconut oil can be used to make a soothing homemade shampoo that will help you have healthy and beautiful hair.

Nourished, clean, and healthy hair is possible. You just need the right shampoo. Check out the recipe below!

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DIY Tea Tree & Coconut Oil Shampoo

You'll need:

2/3 cup of coconut milk

¼ cup of baking soda

¼ cup of Castile soap

A tbsp of olive oil, optional

20 drops of tea tree oil

10 drops of rosemary oil

10 drops of lavender oil

Prep:

In a bowl, add the coconut milk and mix it with the castile soap, olive oil, and baking soda. Then, add the essential oils. Transfer the content into a bottle with a pump.

Your homemade shampoo is ready!

Why These Essential Oils?

Tea tree essential oil has stunning health benefits and everyone should include it in their beauty routine.

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It will thoroughly cleanse the hair without causing dryness or damage. It will also reduce the risk of hair loss and encourage healthy hair growth.

Moreover, thanks to its antifungal properties, it will destroy bacteria that are causing dandruff. Lavender and rosemary essential oils are also known to be soothing for the hair and stimulate the scalp.

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They’re even more amazing and beneficial for beauty and health when used in combination with tea tree oil.

Sources:

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