Quick DIY, Natural Leave-Ins

To avoid chemicals and synthetic ingredients, simply make your own conditioner.

August 27, 2013 By Gerrie E. Summers

Celebrity hairstylist Monae Everett shares this recipe for an all-natural leave-in. The great thing about it is that you can experiment by adding different hair-nourishing oils, such as jojoba, olive, almond, avocado, coconut, safflower and rosemary. For an extra kick, try vegetable glycerin and aloe vera juice, a humectant that can be added to oils.

After mixing your leave-in conditioner, keep it in a dark-colored, airtight container and store in a cool, darkened place. Prepare recipes in small amounts. Depending upon the ingredients you use, the conditioner must be applied within three to four days. That's because natural ingredients do not contain the chemical preservatives included in commercial products to extend their shelf life. There are natural preservatives, such as vitamin E, but once exposed to air they begin to degrade.

Leave-In Conditioner
2 tbsps. coconut oil
2 tbsps. shea butter (raw)
5 to 10 large drops of honey
Add oils if you want (tea tree, avocado, jojoba, grapeseed, etc.)

Directions
Melt all the ingredients in a microwave for 45 seconds. (Set the microwave to "defrost" for better control as the oils melt quickly.)

Pour mixture into a bowl and stir until well blended. Allow it to sit for 15 to 20 minutes. Apply a dime-sized amount to your hair for lustrous tresses and to protect the hair from the elements.

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