Free Your Locks: DIY Detangler Recipes

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Summer activities and heat can contribute to tangled tresses, especially for those with curly strands. But before rushing out to buy expensive detangling concoctions, why not mix up several of your own solutions to this problem. Here, NaturallyCurly.com provides some helpful guidance.

Quick detangler solutions. The ingredients needed to create a DYI aloe vera gel detangler are simple. First, set aside 8 ounces of distilled water and one teaspoon of aloe vera gel, the thick, translucent liquid produced by the semi-tropical aloe vera plant. In addition, you'll need one or two drops of glycerin, two drops of jojoba or lavender oil, and 10 to 15 drops of grapefruit seed extract. Thoroughly mix these together and pour the detangler concoction in a spray bottle—that way you can spray the detangler directly on the most knotty part of your mane.

For a simple hair detangler recipe, just mix your favorite conditioner with a few drops of oil and enough distilled water so the blend can be sprayed.

Click here for info on tools you can use to maintain (and detangle) your kids' curls.

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http://beta.docker.realhealthmag.com/article/DIY-detangler-recipes-22818-5683