Hair-Care Experiment: Rum and Egg, a Homemade Protein Treatment

May 17, 2012

A number of hair products have been advertising “added protein” on the label recently, and you may have heard of chemical treatments to repair the protein bonds in damaged hair. But NaturallyCurly.com has dreamed up an easy, do-it-yourself protein treatment that may be fun to try out. To start, all you need is some rum and a couple of eggs.

First, detangle your hair before you begin. Once you’ve de-knotted your tresses, vigorously mix together 6 tablespoons of white rum (or vodka) with two eggs until they turn into a powerful smelling goop. (For very long hair, double the ingredients.) Apply this concoction evenly to your mane and let it sit for about 20 minutes. Then, simply rinse, shampoo and condition your hair. When you’re done, run your hands through your curls to check how much softer they feel.

Because of the smell of this hair cocktail, this DIY treatment may not be for everyone. But if you’re a curly who enjoys experimenting with new treatments—especially if there’s a bottle of rum open nearby—then this fun hair-softening treatment may become more than a one-time venture.

Click here to read about an apple cider vinegar rinse that can cleanse and revitalize your strands.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/rum-egg-treatment-22418-8289