**Deep Conditioners**

**2 recipes**

Deep conditioners should be let on for a minimum of 30 minutes. A shower cap, plastic bag or a heat source (i.e., Heat cap, steamer, etc.) is recommended when deep conditioning to really penetrate the hair shafts. We recommend deep condition EVERY wash day.

Protein Punch for dry hair:

\*Be careful not to overload the hair with protein. Doing so can cause the hair to be dry and brittle\*

Protein treatment help to restore overall structure in extremely dry and damaged hair.

Avocado is a great source of biotin for the hair. Rich in omega-3 fatty acids, protein, potassium and magnesium, avocado provides your hair with long lasting deep hydration.

Honey has both emollient and humectant properties, making it a great moisturizer. Emollients smooth the hair follicles, adding shine. Humectants bond with water molecules, adding moisture.

Eggs can be a superfood for the hair. Rich in vitamin A, E, protein, biotin and folate, eggs can provide the much-needed nourishment you want in damaged tresses.

Mayonnaise contains some hair healthy ingredients like lemon juice, vinegar and soybean oil which contain fatty acids and vitamins that can boost shine and act to seal in moisture.

Bananas are rich in potassium, natural oils, carbohydrates and vitamins, which help soften the hair and protect the hair's natural elasticity, preventing split ends and breakage.

Olive oil is most beneficial for dry, thick hair. Advocates say it can keep hair moist and strong. Olive oil tends to weigh down thinner hair. Oily hair and scalps simply don't need the conditioning.

Castor oil’s natural antiviral and antimicrobial properties make it a popular treatment for skin problem. It is known to promote hair growth and treat alopecia.

Almond oil contains high amounts of vitamin E, which is a natural antioxidant. almond oil can make hair stronger and less prone to split ends.

Argan oil is popular for hair use because it is full of fatty acids, mainly oleic acid and linoleic acid. Argan oil is also rich in vitamin E, which provides a fatty layer to your hair and scalp that may help prevent dryness and can help reduce fizziness and boost shine.

What you’ll need:

- Full fat mayo

- Avocado (ripe)

- Banana (ripe)

- Honey

- Egg

- Olive oil (any of your favorite oils)

Combine and blend all ingredients together until smooth. Section hair and apply evenly to damp or freshly washed hair. Cover with a plastic bag or cap and let sit for a minimum of 30 minutes. Rinse out thoroughly and proceed with you regular styling routine.

Aloe Avocado DC:

Aloe vera has long been used for treating hair loss. It can reduce dandruff and unblock hair follicles that may be blocked by excess oil.

What you’ll need:

- Aloe Vera

- Avocado

- Honey

- Castor oil (your favorite oil)

Blend all of the ingredients together. Apply to damp or washed hair. Rinse out thoroughly and proceed with your regular styling regimen.