NATURAL SHINE

54 Simple Hair Treatments to Grow, Strength, Condition and Color the Perfect Hair Every Day

BARBARA & NAYRI
Introduction

Hair can be described as sleek, thick, thin, calm, unruly, wild, mane-like, and dull...this list can go on and on. Isn’t it a wonderful feeling when you are having a great hair day! We ALL know that feeling. Your hair sits perfectly in the style of your choosing. The color is vibrant, your strands shine and look young and it’s doing everything you desire. It looks thick, beautiful and worthy of fingers softly being run through it!

Can you recall the last time you had one of those effortless and perfect hair days?

Overall, what percentage of the time do you have these perfect hair days? 20%? 30%? Maybe, if you’re lucky 50%?

In our survey, conducted of 20 women over the age of 25,

Only 20% have a “Great hair day” more than 1-2 times a week.

When and if they DO, 90% said it takes them between 30-60+ minutes to achieve.
Even if you ARE one of the lucky ones who has these miracle days 50% of the time, we all know that it can easily take a long chunk of time out of your day to try and force a great hair day. You are at least spending 30 minutes to wash and condition (unless you use one of those all in ones) your hair. 30-45 minutes to dry (depending on length). An additional 30 minutes (or more) to curl, flatten, style PLUS you are doing extensive damage to your hair with all of this crazy manipulation and heat! Causing your hair to require more time to get back to this great hair day!

Maybe you have been noticing thinning spots and a slightly receding hairline? Maybe you’re like the 40% of women who have VISIBILY noticeable hair loss by the time they are 40, according to the American Academy of Dermatology. An astonishing statistic, that is uncomfortable for many of us who are either approaching that age, already have or are already (regardless of age) experiencing hair thinning or loss.

It’s possible you may even color your hair. Sometimes, women color their hair to cover and conceal the grays. Other times it’s to create an illusion of what color we desire our hair to be. We all know a few of these ladies. It seems, though, the older we get, the more pressure we have to remain looking young, sexy and ageless.

**Great (or bad) can affect your mood, relationships and self-image.**

Hair, is obviously and extremely visible. It can be a predominant part of your identity. Just as elated as you can feel when you are having a great hair day, you can feel as frustrated, saddened, and even depressed if you are not. The psychological damage that can be caused by not feeling attractive or by hair loss cannot only be demoralizing and devastating. It causes some women

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**Did You Know?**

A full head of hair is approximately 120,000-150,000 individual hairs and we lose 50-100 hairs per day naturally.
What if we told you there is a way to have this beautiful, thick, easy to manage hair ALL of the time without doing any of the damage you currently are? There’s a way to have the type of hair that’s EASY to style without spending all of money and time you currently are? There’s a simple way to access all of the phenomenal information from around the world that has been proven for centuries and generations but also as a result is shared from women with the MOST BEAUTIFUL hair!

Well, you’ve just taken your first step with purchasing this book, Natural Shine. We’ve scoured the world for the best natural beauty secrets, tricks and regimens from women who have hair that we all envy. These homemade spa treatments will help condition, shine, grow and lock in moisture ALL naturally with ingredients you probably already have laying around. If you don’t, these ingredients are affordable and easy to source online.

But first, before we get into the good stuff, let’s review a little science and help you understand your specific hair better!
Chapter 1
Structure of Hair
Structure of Hair

Our hair is actually a physical representation, externally of what’s going on within your body. So whether you have blonde, red, or brown hair with straight or curly you after these next few paragraphs, you will quickly have a better understanding of your unique hair structure!

Your hair is made up of different layers of fused amino acids (proteins) and chemical bonds of dead, keratinized cells. To organize these in slightly more scientific depth are as follows:

- Molecular level- keratin, melanin and vitamin D
- Microscopic level- stem cells and skin cells
- Tissue Level- epithelial and connective tissue
- Organ level- hair, nails and glands

Hair Follicle:

Hair follicle actually can seem like a loose term. For our intents and purposes we will consider it the subdermal place where hair grows within and from, an anchoring system. Within the follicle, there are many important events that occur.

The hair bulb is the internal structure at the base of your hair follicle that covers and protects the region responsible for hair growth. The connection from the dermis and epidermis occurs with the dermal papilla, small cone shaped extensions embedded in the bulb that contains nerves and the blood supply. These deliver and provide the hormones and nutrients from the dermis, necessary for cellular growth and division. Rarely occurring in the papilla, cells are pushed out to the hair matrix.
The *hair matrix* almost completely surrounds the papilla. This is where cellular division occurs and produces the cells that form the major structures of hair fiber. Also within the hair matrix are Melanocytes. These are specific pigment producing cells, within the hair bulb, which are responsible for melanin, which creates your hair color.

As all of these cells within your hair bulb divide, they push upwards and out. They also harden as they move towards the upper part of the bulb. Once they reach the upper bulb, they arrange in differentiated cylindrical layers to form hair and the inner sheath. The outer most layers become the lining of the follicle, the inner root sheath and outer sheath.

The three inner layers, which become your hair shaft are made up of the cuticle, cortex and medulla (although not always present).

**Hair Shaft:**

Your hair shaft is what you actually see that comes from your scalp. Approximately 90% of your hair strands are made of a specific protein (keratin) which is compacted and cemented together. Hydrogen bonds also exist, which aid in flexibility, although much weaker and more likely to be broken with the application of water. Along with melanin (pigment), Vitamin D and trace quantities of metallic elements.

We breakdown your hair shaft into three parts: the cuticle, internal medulla, and cortex.

Cuticle is a translucent outer layer of downward facing cells that skin the shaft and resemble shingles on a roof. They overlay each other and cover the entirety of your hair shaft. These always point from closest to the root end (proximal) towards the tip of your hair (distal), regardless of your length or style. These cells work as the primary barrier and protector to prevent damage to your hair’s inner structure. This layer also protects your hairs integrity against UV rays, minimizes the movement of water in and out of the cortex and protects from other harmful external influences.

The middle layer and thickest layer is the cortex. The cortex provides strength, claims color and texture and this layer accounts for approximately 90% of your hairs total weight. Keratin is again about 80-90% of your hair structure and formed here by 18 amino acids (building blocks for protein). Lipid components represent about
3% of your hairs composition, also produced in the hair bulb from fatty acids, sterols and ceramides.

Keratin, the strengthening cells are produced by the keratinocytes which multiply and differentiate in the hair bulb. During the differentiation process, this is where the keratinocytes also die, after being filled with keratin. Creating disconnect from the tissue supply which created it.

The cortex also contains most of your hairs melanin. Remember, this pigment is responsible for giving you your hair color. There are two type of melanin: eumelanin and pheomelanin. Eumelanin, the most dominant type of hair pigment presents as dark/brown hair color. Pheomelanin presents as blonde, red and auburn.

The last layer of your hair is the internal medulla. This is the central core of your hair cells that may be present. Medulla is only present in large, thick hair so if you’re naturally blonde, fine, red hair you generally won’t have a medulla.
Chapter 2
Hair Growth Cycle
Growth Cycle of Hair

I certainly HATE it when I go in for a trim and it seems as though the stylist hacked my hair like a hungry wolf. I never understood why ¼ inch meant so much to me. Why when 2 inches were taken instead, I was so upset. That was until I learned how slowly hair actually grows. No wonder we women treasure our locks!

Our hair goes through a four phase process:

- **Anagen** is the active growth phase. It typically lasts from 2-6 years (12 cm in one year) and determines the length of your hair.
- **Catagen or transition phase** lasts approximately 1-2 weeks. This is when the dermal papilla is separated from the hair follicle because it shrinks (the cells are no longer receiving blood nor nutrients).
- **Telogen** is the resting phase and lasts around 5-6 weeks. About 10-15% of hairs are in this phase. While old hair is resting, new hair is beginning the growth phase.
- **Exogen** is the new hair phase. It’s really another part of the rest phase, where old hair can shed. Within the hair matrix new hair is forming- returning to the anagen phase.

**HUMAN HAIR GROWTH**
Chapter 3
Damaging Your Hair
Damaging Your Hair

Our hair is a very strong, but fragile thing. It is easy to do extensive, almost irreparable damage in order to obtain a great hair day. The everyday actions can cause severe damage to your tresses.

10 everyday ways you’re damaging your hair.

1. **Wet head** can be the most damaging time for you hair. When your hair is wet, it’s the weakest, and most elastic. The tug of a brush can overstretch the hair causing breakage, or bending. Use your finger instead until your hair is dry.

2. **Brushes** are made for specific types of locks, make sure you’re using the best one for your hair type and what you’re styling needs are. Natural brushes are always a great option!

3. **Shampoo/Conditioner** can actually dry out your hair, especially if you do it more than 1x a week. Choose a shampoo without sulfates (the agents that can dry your hair out) and a conditioner without alcohol. Or just follow some of our recipes on conditioning the natural way.

4. **Drying too close to your hair.** Make sure the hairdryer is at least 5 inches away from your hair to ensure you aren’t over heating your strands. Also, check the back filter periodically and clean it out, the debris can weaken or change the air flow- exposing your hair to more damaging heat.

5. **Hairspray** can help hold the style you desire, but it also can significantly dry out your hair! When you add hairspray to your hair before you use hot tools, the alcohol can dry your hair out even further.

6. **Using hot tools** too soon. Completely dry your hair before using any hot tools, since they will smooth and seal the cuticle.

7. **Coloring or Highlighting** too often can create an over processed, dry head of hair. Try going one extra week without coloring, but using some of the gray cover up products in between colors.
8. **Pillowcases** made of cotton can cause friction and tangles when you roll around at night. Try using a silk or satin pillowcase which can be much kinder to your hair.

9. **Shampooing too often** takes away the natural oils your head creates. When you shampoo too much it can dry out your hair and scalp. Most professionals recommend 1-2 shampoos per week.

10. **Put a filter on it**, your showerhead that is. Minerals and chlorine from your water can break down your color, creating the feeling you need to color your hair more often.
Chapter 4
Shopping List
Shopping List

Almond milk
Aloe Vera plant
Apple Cider Vinegar
Aragon oil
Avocado
Avocado oil
Baking soda
Banana
Basil
Black Seed oil
Cactus
Castor oil
Club soda
Cocoa butter
Coconut milk
Coconut oil
Coconut water
Curry leaves
Dark beer
Egg white
Egg yolk
Epson salt
Eucalyptus oil
Fenugreek seeds
Flax seed oil
Ghee
Ginger
Grape seed oil
Green tea
Hibiscus oil

Honey
Hot pepper
Jajoba oil
Lavender Essential oil
Lemon juice
Mango
Mustard seed oil
Neem oil
Nettle tea
Olive oil
Orange
Peppermint Essential oil
Plain yogurt
Potato
Red onions
Ribbed gourd
Rosemary Essential oil
Rosemary-dried
Sage-dried
Strawberries
Sunflower oil
Sweet almond oil
Tea tree oil
Thyme Essential oil
Tomato
Turmeric powder
Yucca root
Chapter 5
Growth Treatments
CA Hair Growth

Prep time: 1 minute, Application time: Overnight, Total time: Overnight

10 Drops of Castor oil
2 Tablespoons of Almond oil

Directions:

1. Combine ingredients in a small bowl.
2. Apply to scalp and massage for 5 minutes.
3. Cover your hair with a shower cap or a scarf.
4. Shower, shampoo and rinse in the morning.

Apply 5-10 drops of Castor oil with your conditioner, if you don’t have the time to leave it in overnight.
Incredible Ghee Mask

Prep time: 1 minute, Application time: 30 minutes, Total time: 31 minutes

2-6 Tablespoons of ghee (depending on hair length)

Directions:

1. Gently heat ghee in a pan.
2. Richly apply ghee from root to tip.
3. Cover with hair cap for 30 minutes.
4. Rinse, shampoo and condition.

BEST FOR:
Hair growth and deep conditioning.
Must Grow

Prep time: 1 minute, Application time: 30-60 minutes, Total time: 31-61 minutes

½ Cup of mustard seed oil

Directions:

1. Warm oil in a pan.
2. Apply to your hair.
3. Cover your hair with hair/shower cap.
4. Let it sit for 30-60 minutes.
5. Rinse with warm water.
Hot Pepper Growth Mask

Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

Directions:

1. Mix all ingredients in a bowl really well.
2. Apply the mask to dry hair.
3. Put your hair up with a clip and cover with hair/shower cap.
4. Leave on for 30 minutes.
5. Rinse hair with cool water.

The pepper may burn your skin, so you can uncover when it becomes uncomfortable.

3 Tablespoons of plain yogurt
1 Egg yolk
1 Tablespoon of diced fresh hot peppers
5 Drops of peppermint essential oil
Grow Long with Ginger Mask

Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

1 Tablespoon of grated fresh ginger
1 Tablespoon of jojoba oil

Directions:

1. Combine ingredients in a bowl.
2. Apply to your scalp and massage.
3. Let it sit for 30 minutes.
4. Rinse, shampoo and condition.
Native Shine

Prep time: 15 minutes, Application time: 2 minutes, Total time: 17 minutes

1 Large yucca root

Directions:

1. Take one yucca plant root and boil it for 15 minutes.
2. Remove the yucca and set the water aside.
3. Shampoo your hair and condition it.
4. Rinse out with water from boiled yucca plant.
Aussie Shine

Prep time: 0 minutes, Application time: 2 minutes, Total time: Overnight

3-5 Drops of eucalyptus oil

Directions:

1. Massage 3-5 drops of eucalyptus oil onto your scalp.
2. Allow to stay overnight.
3. Style in the morning as desired.
Strength from the Island Mask

½ Ripe banana
1 Egg yolk
¼ Cup of warm coconut oil
¼ Cup of olive oil

Directions:

1. Warm coconut oil on stove top.
2. Add remainder of ingredients and blend well.
3. Divide hair into four sections.
4. Apply a quarter into each section.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 30-60 minutes.
7. Rinse, shampoo and condition.
Chapter 6
Conditioning Treatments
Deep conditioning Oil Mask

Prep time: 2 minutes, Application time: 30 minute, Total time: 32 minutes

1, 2 or 3 Egg yolk (depending on hair length)
1 Tablespoon of olive oil per egg yolk

Directions:

1. Whisk eggs until smooth.
2. Add olive oil to the whisked egg yolk.
3. Divide hair into four sections.
4. Apply a quarter into each section.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 30 minutes.
7. Rinse, shampoo and condition.

Coconut oil is a great alternative and it smells delicious!
Island Softening Mask

Prep time: 5 minutes, Application time: 30-60 minutes, Total time: 35-65 minutes

½ Ripe avocado
1 Ripe medium banana
1 Tablespoon of almond oil
1 Tablespoon of honey
¼ Cup of almond milk

Directions:

1. Blend all ingredients well, until smooth (without chunks).
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 30-60 minutes.
6. Rinse, shampoo and condition.
Deep Tropical Conditioning Mask

Prep time: 3 minutes, Application time: 1 minute, Total time: 64 minutes

½ Ripe avocado
1 Tablespoon of olive oil
1/3 Ripe banana
1 Egg yolk

Directions:

1. Blend all ingredients well.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Allow the mask to sit for one hour.
6. Rinse, shampoo and condition.

If you have long hair, use one whole avocado and one whole banana.
**Nature’s Best Mask**

Prep time: 2 minutes, Application time: 10 minutes, Total time: 12 minutes

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1 Tablespoon of warm **coconut oil**
1 Tablespoon of **olive oil**
1 Tablespoon of **sunflower oil**
1 Teaspoon of dried basil
1 Teaspoon of **turmeric powder**

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**Directions:**

1. Combine all oils and heat on stove top.
2. Add the rest of the ingredients and mix well.
3. Massage into scalp.
4. Add remainder of oil to your ends.
5. Let it sit for 10 minutes.
6. Rinse, shampoo and condition.

**TURMERIC WILL STAIN so USE GLOVES. Do NOT USE if you have LIGHT HAIR or lightly painted nails. Be cautious with light colored bathrooms.**
Juicy Conditioning Mask

Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

2 Oranges (juiced)
½ Cup of warm coconut oil

Directions:

1. Combine ingredients in a bowl.
2. Apply to your hair.
3. Leave on your hair for 30 minutes.
4. Rinse, shampoo and condition.
Deep Dessert Conditioning Mask

Prep time: 3 minutes, Application time: 45-60 minutes, Total time: 48-63 minutes

Directions:

1. Warm cocoa butter on stove top.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 45-60 minutes.
6. Pour coconut water over your hair.
7. Rinse, shampoo and condition.

This is one of our favorites and it smells so good!
Coco Conditioning Mask

Prep time: 3 minutes, Application time: 45-60 minutes, Total time: 48-63 minutes

1 Cup of warm coconut oil

Directions:

1. Warm coconut oil on stove top.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 45-60 minutes.
6. Rinse, shampoo and condition.
Yogurt Conditioning Mask

Prep time: 3 minutes, Application time: 45-60 minutes, Total time: 48-63 minutes

2 Tablespoons of warm coconut oil
1 Tablespoon of honey
2 Tablespoons of plain yogurt
½ Overripe mango

Directions:

1. Cut mango into small pieces.
2. Combine all ingredients and blend well.
3. Divide hair into four sections.
4. Apply mixture to your hair.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 45-60 minutes.
7. Rinse, shampoo and condition.
Berry Bight Conditioner

Prep time: 3 minutes, Application time: 30-45 minutes, Total time: 33-48 minutes

7 oz. of strawberries
1 Egg yolk
2 Tablespoons of olive oil

Directions:

1. Combine all ingredients and blend well.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 30-45 minutes.
6. Rinse, shampoo and condition.
Aloe Deep Conditioner

Prep time: 10 minutes, Application time: 30 minutes, Total time: 40 minutes

1 Aloe Vera plant

Directions:

1. Carefully remove the thorns from the plant.
2. Slice them about ½ an inch.
3. Cut the outer skin.
4. Cut the plant into small pieces.
5. Blend in a blender really well.
6. Strain the juice out.
7. Store in a container to use the remainder another time.
8. Apply to your scalp and hair.
9. Put your hair up with a clip and cover with hair/shower cap.
10. Leave on your hair for 30 minutes.
11. Rinse, shampoo and condition.

You can also add the Aloe Vera juice to your shampoo for daily use.
Chapter 7

Moisturizing, Smoothness, and Shine Treatments
Aragon Oil Ultra-Shine

Prep time: 0 minutes, Application time: 1 minute, Total time: 1 minute

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2-4 drops of Argan oil (depending on hair length)
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Directions:

1. Place a couple of drops onto your hand.
2. Rub into hair, emphasizing your ends.
3. Style as needed.
Egg-cellent Shine

Prep time: 2 minutes, Application time: 30-60 minutes, Total time: 32-62 minutes

1 Egg yolk
1 Tablespoon of honey
1 Tablespoon of olive oil

Directions:

1. Combine ingredients together.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 30-60 minutes.
6. Rinse, shampoo and condition.
Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

3 quarter sizes of conditioner
1 Tablespoon on honey

Directions:

1. Combine 1 tablespoon of honey with 3 quarter size of a natural conditioner of your choice.
2. Warm up a towel in a microwave for 20-40 seconds.
3. Apply mixture on your hair.
4. Comb through your hair and apply remainder to the ends of your hair.
5. Cover with warm towel and let it sit for 30 minutes.
6. Remove towel and rinse and style as desired.
Prep time: 2 minutes, Application time: 20-30 minutes, Total time: 22-32 minutes

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1 Cup of warm coconut oil
½ Ripe avocado

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Directions:

1. Warm coconut oil on stove top.
2. Blend avocado and coconut oil well.
3. Divide hair into four sections.
4. Apply a quarter into each section.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 20-30 minutes.
7. Rinse, shampoo and condition.
Honey, Your Hair is Amazing!

Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

6 Cup of honey
¼ Cup of warm coconut oil
¼ Cup of warm avocado oil

Directions:

1. Warm coconut oil and avocado oil on stove top.
2. In a bowel combine the oils and honey and stir well.
3. Apply in small amounts to damp hair.
4. Work through your hair from crown to ends.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Cover with a towel.
7. Let it sit for 30 minutes.
8. Rinse, shampoo and condition.
Shine-A-Nator Mask

Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

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2 Egg whites
½ Ripe avocado

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Directions:

1. Blend both ingredients really well.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 30
6. Rinse, shampoo and condition.

For drier hair, add 1 tablespoon of olive oil or warm coconut oil.
ACV Shine

Prep time: 2 minutes, Application time: 5-10 minutes, Total time: 7-12 minutes

1 Ripe tomato
1 Tablespoon of apple cider vinegar
5 Drops of rosemary essential oil
3 Drops of peppermint essential oil

Directions:

1. Juice your tomato with fine mesh sieve or blend.
2. Combine juiced tomato with remaining ingredients.
3. Add two cups of cool water and stir well.
4. Pour over hair.
5. Leave on your hair for 5-10 minutes.
6. Rinse, shampoo and condition.
Dark Beer Mask

Prep time: 0 minutes, Application time: 30-45 minutes, Total time: 30-45 minutes

1 Bottle of dark beer

Directions:

1. Shampoo your hair and rinse.
2. Pour beer all over your hair.
3. Put your hair up with a clip and cover with hair/shower cap.
4. Leave on your hair for 30-45 minutes.
5. Rinse, shampoo and condition.
Greek Shine

Prep time: 2 minutes, Application time: 5 minutes, Total time: 7 minutes

1 Cup of plain yogurt
1 Teaspoon of olive oil

Directions:

1. Combine ingredients together.
2. Shampoo hair as normal.
3. Divide hair into four sections.
4. Apply directly to hair as conditioner.
5. Allow to sit for 5 minutes.
6. Rinse and style as desired.
Chapter 8

Volume and Thickening Treatments
Shiny Hearty Orange Mask

Prep time: 3 minutes, Application time: 30 minutes, Total time: 33 minutes

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1 Orange

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Directions:

1. Slice the orange in 1/8th.
2. Blend really well with peel.
3. Pour over hair.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 30 minutes.
6. Rinse, shampoo and condition.
Hibisc Thickening Mask

Prep time: 0 minutes, Application time: 30-45 minutes, Total time: 30-45 minutes

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10 drops of hibiscus oil
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Directions:

1. Apply to your scalp.
2. Massage your scalp for couple of minutes.
3. Put your hair up with a clip and cover with hair/shower cap.
4. Wrap your hair with a towel.
5. Leave on your hair for 30-45 minutes.
6. Rinse, shampoo and condition.
Flax Full Hair Mask

Prep time: 1 minute, Application time: 20-30 minutes, Total time: 21-31 minutes

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5 Tablespoons of flax seed oil

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Directions:

1. Divide hair into four sections.
2. Apply flax seed into scalp.
3. Massage for couple of minutes.
4. Leave on your hair for 20-30 minutes.
5. Rinse, shampoo and condition.
Oliver Thick Hair Mask

Prep time: 3 minutes, Application time: 30-45 minutes, Total time: 33-48 minutes

1 Cup of warm olive oil

Directions:

1. Warm olive oil on stove top.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Massage your scalp for couple of minutes.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 30-45 minutes.
7. Rinse, shampoo and condition.
Thick as Onions Mask

Prep time: 3 minutes, Application time: 20 minutes, Total time: 23 minutes

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3 Red onions or shallots
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Directions:

1. Chop the onions.
2. Use juicer to extract the juice in a small bowel.
3. Divide hair into four sections.
4. Apply onion juice on your scalp.
5. Leave on your hair for 20 minutes.
6. Rinse, shampoo and condition.
Volumizing Banana Mask

Prep time: 3 minutes, Application time: 30-45 minutes, Total time: 33-48 minutes

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3 Tablespoons of olive oil
1 Ripe banana
1 Ripe avocado

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Directions:

1. Cut banana and avocado into small pieces.
2. Combine all ingredients and blend well.
3. Divide hair into four sections.
4. Apply a quarter into each section.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 30-45 minutes.
7. Rinse, shampoo and condition.
Black Seed Thickener

Prep time: 1 minute, Application time: 45-60 minutes, Total time: 46-61 minutes

2 Tablespoons of black seed oil

Directions:

1. Apply to your scalp.
2. Massage for 5 minutes.
3. Cover with a shower cap, hair towel or scarf.
4. Allow to sit for 45-60 minutes.
5. Rinse, shampoo and condition.

You can also add this to your shampoo (2-4 tablespoons and mix well) for daily use.
Pump Up the Volume Mask

Best for: Volume and prevent hair loss.

Prep time: Overnight, Application time: 30-45 minutes, Total time: 30-45 minutes

3 Tablespoons of fenugreek seeds
½ Teaspoon of water

Directions:

1. Soak fenugreek seeds in water overnight.
2. Drain the water.
3. Blend fenugreek seed and water to make a paste.
4. Divide hair into four sections.
5. Apply the paste to your scalp.
6. Leave on your hair for 30-45 minutes.
7. Rinse, shampoo and condition.
Oil Me Crazy Mask

Prep time: 2 minutes, Application time: 30 minutes, Total time: 32 minutes

½ Teaspoon of jojoba oil
1 Teaspoon of grape seed oil
2 drops of rosemary essential oil
2 drops of thyme essential oil
2 drops of lavender essential oil

Directions:

1. Mix all ingredients in a small bowl.
2. Divide hair into four sections.
3. Apply the mixture to your scalp and massage for 5 minutes.
4. Leave on your hair for 30 minutes.
5. Rinse, shampoo and condition.
Boozy Sex Kitten

Prep time: 1 minute, Application time: 30-60 minutes, Total time: 31-61 minutes

Directions:

1. Combine ingredients in a bowl.
2. Apply to clean, damp hair.
3. Let it sit for 30-60 minutes.
4. Rinse, shampoo and condition.

1 Flat beer (flatten by opening and leaving it out on a counter for ½ day)
1 Egg yolk
2 Tablespoons of olive oil
Chapter 9
Prevent Hair Breakage and Dandruff Treatments
Flake Free Me

Prep time: 0 minutes, Application time: 1 minute, Total time: 1 minute

3-5 Drops of **tea tree oil**

**Directions:**

1. Add 3-5 drops of tea tree oil to your shampoo each time.
2. Shampoo and condition hair.
Neem Glow

Prep time: 0 minutes, Application time: 5 minute, Total time: 5 minute

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4 Dabs of neem oil
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Directions:

1. Shampoo your hair.
2. Massage a few drops onto your scalp for 5 minutes.
3. Follow by conditioner.
Breakage Be GONE!

1 Egg yolk
1 Teaspoon of olive oil
2 Drops of lemon juice

Directions:

1. Mix all ingredients in a bowl.
2. Divide hair into four sections.
3. Apply a quarter into each section.
4. Leave on your hair for 15 minutes.
5. Rinse, shampoo and condition.

Prep time: 1 minute, Application time: 15 minutes, Total time: 16 minutes
Epsom Salt for Dandruff Treatment

Prep time: 0 minutes, Application time: 3-5 minutes, Total time: 3-4 minutes

3 Tablespoons of Epsom salt

Directions:

1. Damp your scalp in the shower.
2. Gently massage salt into your scalp for 3-5 minutes.
3. Rinse, shampoo and condition.
4. Repeat as needed for 5-7 days.
ACV Dandruff Free Rinse

Prep time: 1 minute, Application time: 2 minutes, Total time: 3 minutes

¾ Cup of apple cider vinegar
¾ Cup of warm water

Directions:

1. Mix both ingredients in a bowel.
2. Pour mixture over your hair.
3. Massage your scalp for couple of minutes.
4. Rinse hair with water.
5. Wait 8 hours.

Allow yourself at least 8 hours for this treatment.
May want to wash your hair in the morning too.
Lemon Water Rinse

Prep time: 1 minute, Application time: 7 minutes, Total time: 8 minutes

5 Tablespoons of fresh lemon juice
1 Cup of warm water

Directions:

1. Divide hair into four sections.
2. Apply 3 tablespoons of fresh lemon juice to your scalp and massage for couple of minutes.
3. Mix 2 tablespoons of fresh lemon juice with warm cup of water.
4. Pour over your hair.
5. Let it sit for 5 minutes.
6. Rinse, shampoo and condition.
NO B.S. Dandruff Destroyer Rinse

Prep time: 1 minute, Application time: 2 minutes, Total time: 3 minutes

1 Tablespoon of baking soda
1 Cup of water

Directions:

1. Mix ingredients in a bowl.
2. Use mixture instead of shampoo for 5-7 days.
3. If hair starts feeling too dry, add a little bit of shampoo to the mix.
4. Rinse and condition.
Nettles of Thickness Rinse

Prep time: 20 minutes, Application time: 10 minutes, Total time: 30 minutes

BEST FOR:
Itchy scalp and thickening hair.

Directions:

1. Boil water.
2. Steep tea bags in boiled water for 15 minutes.
3. Let it cool off.
4. Pour over hair.
5. Let it sit for 10 minutes.
6. Rinse, shampoo and condition.
Ultimate Oil Conditioner

Prep time: 5 minutes, Application time: 30-60 minutes, Total time: 50-65 minutes

Directions:

1. Combine oils in a pan.
2. Warm on stove top for couple of minutes.
3. Add tea tree oil.
4. Divide hair into six small sections.
5. Apply liberally and evenly to your scalp.
6. Apply what’s left on your hair.
7. Massage for couple of minutes.
8. Let it sit for 45-60 minutes.
9. Wash out and enjoy the softness.

BEST FOR:
Dry scalp and dry hair.

2 Tablespoons of warm coconut oil
2 Tablespoons of mustard seed oil
  2 Tablespoons of olive oil
  2 Tablespoons of jojoba oil
5 Drops of tea tree essential oil
Chapter 10
Prevent Hair Loss, Greying, and Extras
Green Tea Hair Keeper Rinse

Prep time: 18 minutes, Application time: 2 minutes, Total time: 20 minutes

2 Green tea bags
3 Cups of hot water

Directions:

1. Boil 3 cups of water.
2. Steep 2 green tea bags in the water for 15 minutes.
3. Remove tea bags.
4. Make sure the water is warm, not hot.
5. Pour over your head after shampooing.
6. Massage your scalp for couple of minutes.
7. Rinse and condition your hair.
NO More Grey Mask (for darker hair)

Prep time: 11 minutes, Application time: 10 minutes, Total time: 21 minutes

Handful of curry leaves
1 Cup of coconut oil

Directions:

1. Warm coconut oil on stove top.
2. Add curry leaves to the oil.
3. Simmer for 10 minutes.
4. Let it cool.
5. Strain the leaves.
6. Store in a container.
7. Apply to your scalp and massage for couple of minutes
8. Leave on your scalp for 10 minutes.
9. Rinse, shampoo and condition.
10. Repeat 3 times a week.

CAUTION: Not recommended for light hair. This may stain light hair.
Prep time: 5 minutes, Application time: 45 minutes, Total time: 50 minutes

1 Potato
1 Teaspoon of honey
1 Teaspoon of water

Directions:

1. Peel potato.
2. Cut into small pieces.
3. Blend well to puree (add a little water if needed).
4. Drain into a bowl with muslin cloth to extract potato juice.
5. Mix potato juice with honey and water.
6. Divide hair into four sections.
7. Apply a quarter into each section.
8. Put your hair up with a clip and cover with hair/shower cap.
9. Leave on your hair for 45 minutes.
10. Rinse, shampoo and condition.
Coconuts Against Hair Loss Club (C.A.H.L.C.) Mask

Prep time: 1 minute, Application time: 30 minutes, Total time: 31 minutes

1 Cup of coconut milk (full fat)

Directions:

1. Divide hair into four sections.
2. Apply coconut milk to your scalp and massage for couple of minutes.
3. Apply the rest to your hair.
4. Put your hair up with a clip and cover with hair/shower cap.
5. Leave on your hair for 30 minutes.
6. Rinse, shampoo and condition.
Natural Dark Hair Protectant

Prep time: 9 days, Application time: 45-60 minutes, Total time: 9 days

1 Cup of coconut oil
1 Cup of ribbed gourd

Directions:

1. Cut the ribbed gourd in medium pieces and dry them in the sun for couple of days.
2. Warm coconut oil in a pan.
3. Add the dried ribbed gourd to the oil.
4. Simmer for 5 minutes.
5. Store in a glass container for 5-7 days.
6. Simmer the mixture on a pan for 5 minutes.
7. Strain the oil.
8. Put the oil back in the glass container.
9. Apply to your scalp 3 times a week.
10. Leave on for 45-60 minutes.
11. Rinse, shampoo and condition.
Grey Away Sage Mask

Prep time: 1.5 hours, Application time: 30 minutes, Total time: 2 hours

- 2 Cups of water
- ½ Cup of dried sage
- ½ Cup of dried rosemary

Directions:

1. Mix all ingredients in a small pan.
2. Boil for 30 minutes.
3. Let it sit for 1 hours.
4. Pour over scalp and hair.
5. Put your hair up with a clip and cover with hair/shower cap.
6. Leave on your hair for 30 minutes.
7. Rinse, shampoo and condition.

CAUTION: For dark hair only.
Clubs Anti-Frizz

Prep time: 0 minutes, Application time: 1 minute, Total time: 1 minutes

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1 Can of club soda or 12 ounces

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Directions:

1. Use club soda in lieu of tap water after rinsing out conditioner.
2. Rinse hair a final time and style as desired.
Cactus Mask

Prep time: 10 minutes, Application time: 45 minutes, Total time: 55 minutes

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1 Cup of cactus
1 ½ Cup of water
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Directions:

1. Carefully remove the thorns from the cactus.
2. Slice them about ½ an inch.
3. Cut the outer skin.
4. Cut the cactus into small pieces.
5. Blend the cactus with water really well.
6. Apply to wet hair.
7. Put your hair up with a clip and cover with hair/shower cap.
8. Leave on your hair for 45 minutes.
9. Rinse, shampoo and condition.
Letter from Barbara and Nayri,

First, we’d love to congratulate you and welcome you to the Natural Shine, ancient family hair care secrets family. We understand there is a lot of information available these days, and sometimes it’s extremely hard to decipher fact from fiction. We appreciate you entrusting us to help guide you through all of your haircare needs so you can focus on the important stuff, like having amazing, long, strong, shiny and beautiful hair!

We’ve spent decades studying, learning, consulting with other experts, and most importantly testing and retesting treatments, so you don’t need to spend your time or money doing so!

We finally felt like we were ready to share the most relevant, effective and practically free strategies to have hair that is perfect every day! Whether you want big celebrity hair, straight and sleek hair, thicker hair, less frizzy hair, we have a solution for you!

So we are very grateful that you’ve decided to join us on our mission to look better, every day than you ever thought possible. Until next time! Remember...

It’s not the family genes, it’s the family secrets!

XOXO,

Barbara and Nayri

P.S. Keep in touch as we have your skincare needs covered in our sister book, Natural Glow. 60 recipes from 10 regions in the world that take years off in minutes!

Barbara Statter and Nayri Ishkhanian

BeautyinYourKitchen.com