

The **NO** **POO** Method

**Your Guide to
Natural Hair Care**

20 DIY
recipes!

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**THE CRUNCHY MOOSE
SECOND EDITION**



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The content in this document is for informational purposes only. It is not intended to diagnose, treat, cure or prevent any medical condition or replace the advise and guidance of your healthcare professional. If you suspect that you have a medical condition, I strongly suggest that you seek medical attention immediately.

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<https://thecrunchymoos.com/page/full-disclaimer>



“ Why was the woman's hair angry? ”



Because she was always teasing it!”

The goal of *The No Poo Method* is to guide you to find a natural hair care routine that works for you, at whatever level you want to take it.

Are you ready to dive right in and ditch all your commercial hair products? This book will walk you through that process!

Or do you just want to learn how to naturally nourish your hair with an occasional deep conditioner or serum That's here, too!

Have fun experimenting! And you have my permission to keep teasing your hair if you want!

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Howdy! I'm glad you are here!

I'm a Texas mom of 2 (Morrison & Mabel) and wife to Ryan. I love tap dancing, pickles, sour gummy candy, fermenting things, hot Texas summers, camping, and essential oils.

The Crunchy Moose blog started in 2012. I was recovering from 3 years of spine surgeries and Ryan & I had just adopted Morrison. Mo was born with health problems, reflux, & severe allergies. I started looking at alternative & holistic healing methods for Mo & myself. I learned that there were ingredients & chemicals in products I used everyday that were harmful & hindering our healing.

So I started to make my own products full of healthy, healing ingredients!

Mo is now 11 years old, super healthy, and no allergies! I'm healthier & stronger than my surgeon said I would ever be! I even had a beautiful pregnancy with my daughter, something my doctors said would never be able to happen because of my spine history.

I went 4 years without shampoo & then went viral! In *The No Poo Method* I'll share everything from the dirty & greasy details (the transition phase is a beast!) all the way to the other side with the best hair days of my life!

Natural, nourishing, healthy ingredients are what make natural, nourished, healthy hair.

You'll find everything you need to transition to no poo in this book! Have fun experimenting!

The Crunchy Moose Blog and *The No Poo Method* is a collection of my favorite recipes and tips for healthy, holistic, and happy living.

Enjoy!

Ashlee

Learn more about Ashlee & The Crunchy Moose here:
<https://thecrunchymoos.com/page/about-ashlee>



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[@thecrunchymoos](https://www.pinterest.com/thecrunchymoos)

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Resources & Shop

These are all things I use, love, & recommend from companies I trust that make products that are safe & effective for my family. I use these products in the recipes on The Crunchy Moose blog & in The No Poo Method. Thank you for supporting The Crunchy Moose & using these links!

www.TheCrunchyMoose.com/shop



Get links to all my favorite products here. I list my favorite containers, kitchen gadgets, brands, and more.



www.TheCrunchyMoose.com/basics

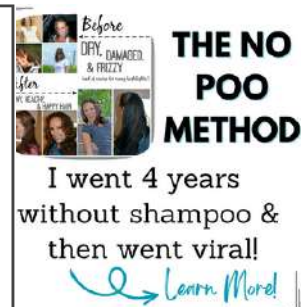


Learn about the things I use most often to keep my family healthy. My mommy skills are almost invincible when I have these tools handy.

www.TheCrunchyMoose.com/nopoo



I went 4 years without shampoo & then went viral! Learn how I did it here.



www.TheCrunchyMoose.com/oils



I use essential oils in just about everything I make! Get my top tips here and learn how to get the best bargains. here. Get all the essential oils listed in this book here.



Chapter 1

Introduction to No Poo



What is No Poo?

What if I told you that:

- you don't need all those expensive, fancy products to have beautiful hair.
- you can go 5, 10, 15, or even 20 days between washing your hair & your hair could be cleaner than ever before.
- you probably already have almost everything in your kitchen that your hair needs to be healthy.

Well friend, it's not a fantasy! All of those things can be achieved with a natural hair care routine called "no poo", as in "no shampoo."

"No poo" simply means that I don't use commercial shampoo. Natural, nourishing, healthy ingredients are what make natural, nourished, healthy hair. The idea that your hair needs chemicals to be healthy is crazy! And frankly, the commercial shampoo marketers are genius to convince us of that.

Commercial shampoo as we know it was first used in the early 1930s. Drene, a Procter & Gamble "amazing shampoo discovery" (as claimed in the below ad), was the first synthetic shampoo. Daily washing wasn't the norm until about the 1970s. Before that, people used soap, herbs, essential oils & baking soda and washed their hair about every two weeks.



Why No Poo Works

No poo works because of sebum.

What is sebum?

Sebum is the waxy oil that the sebaceous glands produce. The sebaceous glands are found all over our bodies (except the palms of our hands and soles of our feet) with the highest concentration on our face and scalp.

Sebum waterproofs and lubricates our hair and skin. While sebum can contribute to acne on our skin, it's a wonderful moisturizer for our hair.

Synthetic and chemical ingredients in shampoo are designed to eliminate the sebum on our hair to get rid of oily hair. This dries out our hair resulting in the need for a commercial conditioner with even more synthetic ingredients to artificially moisturize our hair and scalp.

And since the sebum is removed, our scalp reacts by creating more sebum.

This results in the need for us to wash our hair every one to two days.

There's a better way!

Instead of removing the sebum, the no poo method works *with* your sebum. In fact, a common practice among no poo-ers is to massage their scalp to encourage even more sebum production. Then dragging the sebum from the scalp down the shaft of the hair to moisturize it.

When your scalp isn't stripped of this precious oil, it doesn't overproduce it. It produces only what your hair needs.



A hair follicle will
replace a new
strand about 20
times in a lifetime

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Benefits of No Poo

- There are an average of 15 toxic chemicals in a bottle of commercial shampoo. These chemicals have been linked to cancer, allergies, fertility problems, autoimmune disorders, and hormonal disturbances.
- Commercial shampoo as we know it wasn't first used until the early 1930s. Before that, everyone used the no poo method.
- The No Poo Method works with the oil your hair naturally produces instead of working against those oils.
- People that use The No Poo Method use fewer products, spend less time styling, and go longer between washes.
- The cost savings are huge! The No Poo Method uses inexpensive, easy to find ingredients.

Why Was I Worried About The Chemicals In My Shampoo??

I was on an endless surgery cycle (or at least it seemed that way; 3 years of spine surgeries), in pain and not healthy. So I started researching natural alternatives. And you know what I found?

Pain is linked to inflammation.

Inflammation is linked to synthetic chemicals and toxins.

So I started cleaning up my products.

I started by upgrading my diet to whole foods. And I started feeling better.

Then I got rid of chemical cleaning products. And I started feeling better.

I was on a roll! I wanted all the yucky ingredients out of my house.

The more chemicals & toxins I removed from my life, the better I felt and the healthier I was.

That brings me to no poo.

I started to look at the ingredients in hair products. I started to use natural commercial shampoos and products. They were ok. My hair didn't love them. And they are expensive. I decided to give no poo a try. My hair became healthier, thicker, and shinier than ever!



Ingredients in Commercial Products

INTRO TO NO POO

The average woman puts 515 chemicals in & on her body everyday. Shampoo, deodorant, lotion, makeup, perfume, nail polish, soap, tanning products, hair styling products, toothpaste...the list goes on and they are all full of chemicals & synthetic ingredients.

The average number of chemicals in a bottle of shampoo is 15. These chemicals have been linked to cancer, allergies, fertility problems, autoimmune disorders, and hormonal disturbances. I don't know about you, but I'm not a fan of putting chemicals I can't pronounce in or near my body and on my head, near my brain, is no exception.

With no poo, you use mostly single ingredient washes with natural ingredients, not harmful chemicals.

The Environmental Working Group rates the toxicity level of products and ingredients. They give a rating from 0 (safe & nontoxic) to 10 (very toxic).

Here are some of the top offenders in shampoo along with their toxicity rating:



- Isobutylparaben = 10
- Isopropylparaben = 10
- Butylparaben = 9
- Propylparaben = 9
- Synthetic Fragrance = 8
- Quaternium-15 = 8
- 1,4-Dioxane = 8
- Formaldehyde Releaser = 8
- Lilial = 8
- Methylisothiazolinone = 7
- Benzyl Alcohol = 6
- Benzyl Salicylate = 5
- Imidazolidinyl = 5



No Poo Myths

I know I had some of these thoughts before I started no poo. So let's chat about some of the rumors:

Myth #1: People that use the no poo method do not wash their hair.

While I don't use commercial shampoo, I still wash my hair. I just use natural alternatives to commercial shampoo that is full of synthetic ingredients and chemicals.

When someone uses a natural cleaner to clean their house, we still call it cleaning, right? So cleaning my hair with a natural cleanser is the same thing. It's still clean, I use natural ingredients that nourish, wash, and moisturize my hair.

Myth #2: No poo hair stinks.

Something I get asked more often than I'd like to think about is if my hair stinks. Nope. Naturally clean, pH balanced hair doesn't smell bad.

Before no poo, immediately after washing my hair with a floral or fruity smelling shampoo, my hair would smell like a (synthetic) floral arrangement. But after a couple days when that smell would wear off, I'd be left with a toxic aftermath and my hair would smell a little off.

Now that I have detoxed my hair and my scalp of all those synthetic ingredients, my hair no longer gets "that smell" between washes. It's the synthetic chemical buildup causing that smell. Not your hair in its natural state.

And you can still add yummy, delicious, and fun scents back into your hair care routine by using essential oils if you chose. Essential oils are great for your hair & scalp health and they smell great.

Myth #3: No poo hair is unhealthy (and ugly).

Beauty is in the eye of the beholder ;-) But I get a lot more compliments on my hair since I have gone no poo. My hair is thicker, shinier, healthier, smoother, more manageable, and grows much faster.



No Poo Myths

INTRO TO NO POO

Myth #4: Baking Soda is the Only No Poo Method

The phrase "THE no poo method" is a little misleading. There isn't just one no poo method; there are lots of different methods. When I say "no poo", most people think of the baking soda and apple cider vinegar method. However, I could interview 100 no poo-ers and there is a good chance that not a single one of them follow the same routine. Everyone has different hair needs and wants different results.

Many people start no poo with great intentions but quickly quit because they were using the wrong method for their hair type. Baking soda is not for everyone.

A major factor in no poo-ing successfully is finding the right method for you by finding out more about your hair characteristics like porosity, density, texture, curl pattern, and the type of water you have.

Myth #5: No Poo Makes Your Hair Fall Out

It is normal to lose up to 150 strands of hair a day. If you go a week in between washing, rinsing, and brushing (be sure to keep brushing regularly in between washes. I prefer a boar bristle brush), you will have a week's worth of fall out at once. Many no poo-ers think they are losing more hair, but really it's just they aren't shedding their hair everyday anymore through daily washes. So when they do wash, it comes out in bigger clumps.

If you are experiencing larger amounts of hair loss, it is usually a result of stress and / or diet and you should seek medical attention. Some things that could cause excessive hair loss are:

- stress
- diet
- hormones / pregnancy
- thyroid problems
- transition / detox phase
- dry or damaged hair (this usually results in hair breaking instead of falling out at the roots)
- seasonal changes (we lose more hair when it is hot outside)



No Poo Myths

Myth #6: No Poo Causes Dandruff

Often, it's not dandruff.

- Many of the products used in no poo are grainy. If they are left in your hair, they could be mistaken for dandruff so make sure you are rinsing your hair completely.
- Too much baking soda too often can & probably will damage your hair & scalp causing dryness. Try cutting back on the amount & frequency of baking soda.
- You can use a deep conditioner to combat a dry scalp.
- A big part of the transition period (my transition lasted 3 months) is your hair & scalp detoxing. Sometimes this results in products physically being released from your hair. You may just be detoxing (which is a good thing!).

Sometimes it is dandruff. Dandruff may be treated with anti-fungal products and / or soothed with natural ingredients like:

- Essential oils
- Honey
- Apple cider vinegar
 - Mix with water, about a 50/50 ratio and use as a hair mask letting it sit on your scalp for 20-60 minutes, rinse. Do this up to twice a week, as long as needed.
- Probiotics
 - Probiotics are the good bacteria. Yogurt, kefir, & kombucha are full of probiotics and make an excellent hair mask. Massage on your scalp & let sit for 20 minutes before rinsing.

Myth #7: No poo only works for your thin, straight hair. I have [insert your hair type here: curly, thick, dyed, etc.] hair so it won't work for me.

Wrong. You are correct that your no poo routine likely won't be the same routine I follow. But I have heard from people with all types of hair over the last couple of years. With some experimenting and trouble shooting, every hair type can find a no poo method that works for them. Remember, commercial shampoo as we know it wasn't introduced until the 1930s. There were people with different hair types using the no poo method for a very long time before that.



Chapter 2

Before You Start



The Dreaded Transition Phase

Before you get started, I have to warn you about something.

Transition.

It's tough. Very tough. Many people who attempt the no poo method don't make it past the transition phase.

Transition refers to the time it takes for your hair and scalp to detox the chemicals it has been exposed to. If you have been using shampoo your entire life (and most of us have), your hair probably has a lot of buildup and toxins. It took a lifetime for you to accumulate it; it will take some time to get rid of it.

It takes most people 1-6 months to fully detox their hair. How long depends on your hair type, the water you use, and how committed you are to ditching all your commercial hair products. Ditching your commercial styling products will quicken the transition process.

I don't recommend starting your transition phase the month before you are the maid of honor in your best friend's wedding or, honestly, before any big event. Some people transition easily & don't skip a single good hair day. I was not one of those people.

The goal of the transition phase is to detox your scalp & let it reset to its natural sebum producing state. During this time, it's important to go at least 4 days between washes (5-7 days is better, but 4 is a good start). Depending on your hair, this might be difficult especially since you aren't using the products you are used to. I promise it's necessary. You can wet your hair between washes just don't wash it. As you progress in the process, you will get to where you are washing every 7-20 days.

Your hair will probably get worse before it gets better. That is normal and part of the detox process.

I can't emphasize enough that the transition phase is difficult. The majority of people that make it through this phase love the no poo method & very few ever go back to commercial shampoo.



The Dreaded Transition Phase

This is what I experienced (everyone responds differently during transition):

- The 1st month: My hair was very, very greasy. Always and constantly.
- The 2nd month: My hair had a lot of static. I looked like I stuck my finger in an electric outlet every morning.
- The 3rd month: A lot better, but frizzy.
- The 4th month: My hair was back and better than ever!

It was a long three months, but it was worth about 90 bad hair days!



Before

← DRY, DAMAGED,
& FRIZZY

(and of course too many highlights!)

After

→ SHINY, HEALTHY,
& HAPPY HAIR!



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The Dreaded Transition Phase

Some tips to help you through the transition period:

- Dry shampoo is your friend. However, it is important to note that dry shampoos do remove sebum, so overuse can damage and dry out your hair. It's best to use your dry shampoo sparingly. Using it every day will counteract your transition efforts of balancing your sebum production prolonging the transition. Get my dry shampoo recipe in the recipe chapter.
- Invest in a boar bristle brush.
- Scratching and preening helps distribute the sebum from your scalp down the shaft of your hair. Your hair will more than likely still be greasy, but it will help. Don't worry this extra greasy hair only lasts during your transition phase. Go to the scratching & preening chapter for instructions.
- Use a clarifying shampoo to get started. This will help remove waxy buildup from silicones and sulfates. You can use any commercial clarifying shampoo. Most brands offer one. You will only use it once to clarify before you get started so don't invest in an expensive one. I personally did not start with a clarifying wash because I didn't know about it. People who do seem to have an easier transition. Don't use a commercial conditioner after using the clarifying shampoo. You can use a conditioning product listed in this book, or skip the conditioning step. You could also opt for an applesauce mask instead of the clarifying shampoo to get rid of waxy buildup.
- Invest in some hats & cute, over-sized headbands.
- You can take your natural hair care routine to your comfort level. There is no right or wrong way to do it. There is only what is best for your hair that gives you the desired results.
- What works for one person might not work for another. I did not get my routine right the first time I tried. It took lots of trial and error. And I still like to test out new methods and try out new ingredients. Experiment and have fun!
- If you are ready to fully attack no poo, then remember to ditch your commercial styling products as well as your shampoo. If you use a hairspray with synthetic ingredients after washing your hair with rye flour, you will counteract your efforts and your transition phase may take longer.
- Be sure to check out the FAQ chapter at the end of this book for trouble shooting.

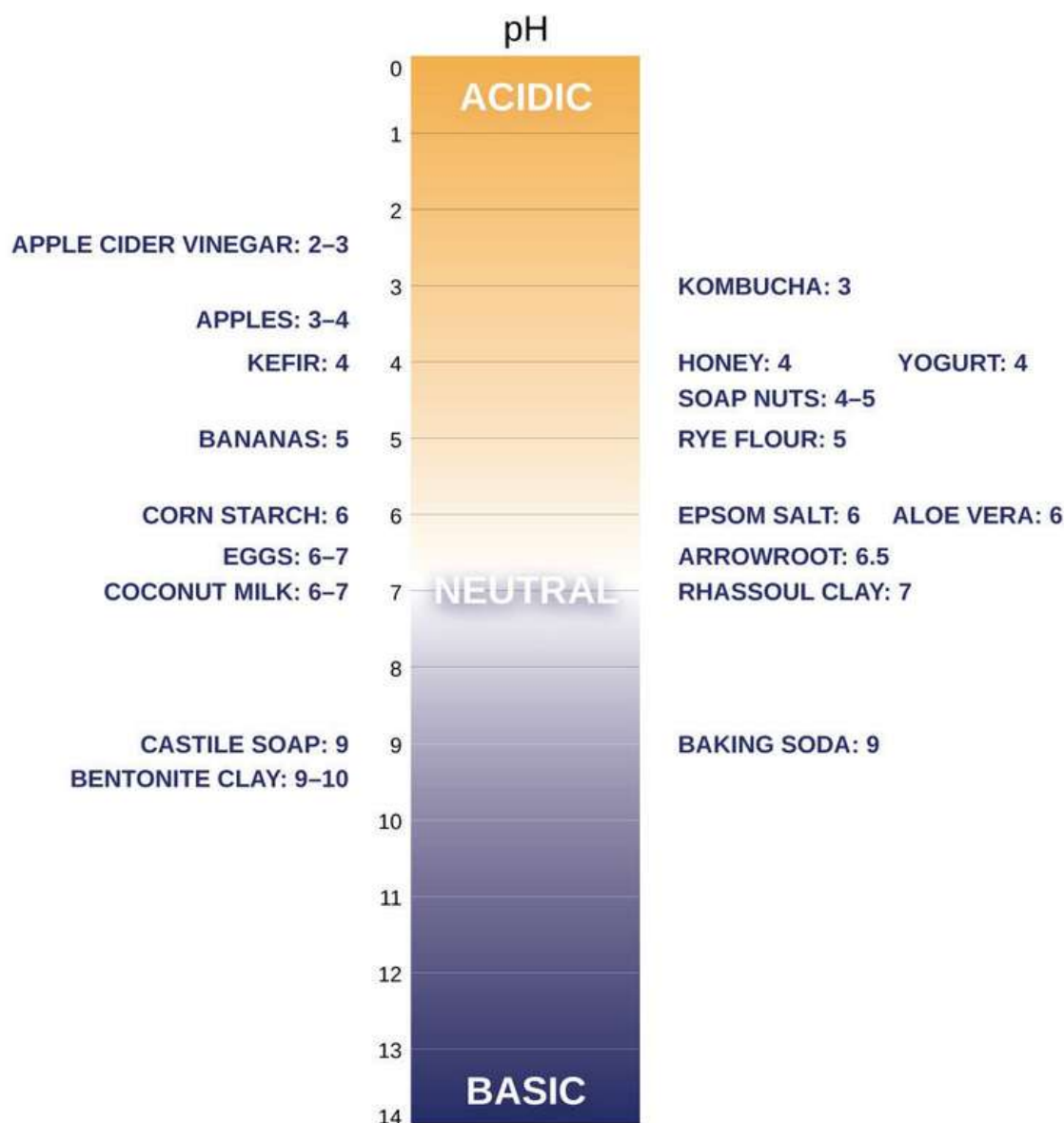


pH Balanced Hair Care

pH (power of hydrogen) is a measure of how acidic or basic an aqueous (water based) solution is. The scale goes from 0 (acidic) to 14 (basic or alkaline). 7 is neutral.

Hair at a normal, balanced level has a pH of about 5 (give or take 0.5) which is slightly acidic. It's important that the products you use are pH balanced so your hair can maintain a normal pH level.

Here are the average pH levels of common no poo products (the brand of the product, the pH level of the water used, how much water is used for dilution, etc. will affect the pH level of the product):



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pH Balanced Hair Care

The goal is to get as close to your hair's natural pH level as possible (which is about 5).

- If you use a basic wash, you need to balance with an acid rinse.
- If your hair products are too basic or acidic, you could (and probably will) end up with damaged, dry, brittle, porous hair.

If the baking soda / apple cider vinegar method is not working for you, it could be because your hair doesn't respond well to the big swing in pH levels (or it could be because you are using too much baking soda too often). Baking soda is alkaline and vinegar is acidic. Finding a pH balanced formula will work much better.

You want to use products that balance out to your hair's natural pH level at about 5. My personal favorite pH balanced wash is rye flour.

You can easily test the pH level of your products (store bought or diy) with a digital pH tester or a litmus test.

Hard Water

Hard water has a lot of minerals, mostly calcium and magnesium. To determine if you have hard water, you can check your water company's website (if it's not listed, call to ask them). These minerals can cause waxy build up on your hair (an applesauce mask is good to get rid of wax buildup).

In general, hard water does not work well for:

- baking soda
- castile soap
- water only

In general, hard water works best with:

- Soap nuts
- Egg wash
- Clay (rhassoul in particular)
- Conditioning with honey, aloe, and/or coconut milk
- Installing a water filter for your shower



Your Hair Type

The phrase “*THE* no poo method” is a little misleading. There isn’t just one no poo method; there are lots of different methods. I could interview 100 no poo-ers and there is a good chance that no two of them follow the same routine.

Everyone has different hair types and desires different results. Learning your hair type is a key part of discovering your no poo hair nirvana.

There are always exceptions to the rule. Not all low porosity hair will respond the same to the same methods, nor do all people with low porosity hair desire the same result. The same goes for people with curly hair, dyed hair, etc.

4 hair type categories we're going to explore:

Texture

Curl Pattern

Density

Porosity

Texture

Texture refers to the size and thickness of each individual strand of hair.

Your hair can be fine, medium, or coarse.

- Fine hair breaks easily.
 - Fine hair needs to be handled more gently (e.g. gentle brushing, minimizing time in a tight rubber band or hair style).
- Coarse hair is stronger.

The main thing you will learn from the texture is how to treat your hair.

It's important to note that high density hair is not the same as thick hair. If you have fine texture and high density, it may appear that you have thick hair. In this example, it's important to remember that you don't have thick hair, you have fine hair that is fragile and should be handled with care.

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Density

Your hair density is how closely your hair strands grow together – i.e. how many strands of hair you have per square space. The more strands you have, the higher your hair density. How to visually assess your hair density:

- Wash your hair, let it air dry, and don't style it.
- Look at your hair in the mirror from different angles.
- Can you see your scalp?
 - If so, you have low density hair.
 - If not, you have high density hair.

High density hair is not necessarily thick hair. "Thick" hair refers to the thickness of each strand (also known as texture), not how closely they grow. It's possible to have high density, thin hair or vice versa.

High density hair has more natural volume than low density hair. Heavier products like gels, creams, and butters can be used to weigh the hair down. Low density hair has less natural volume so volumizing products like dry shampoo are often desired.

I have low density hair. This is especially noticeable when I try to do fancy twists and braids that create more parts in my hair and reveal more of my scalp.

Curl Pattern

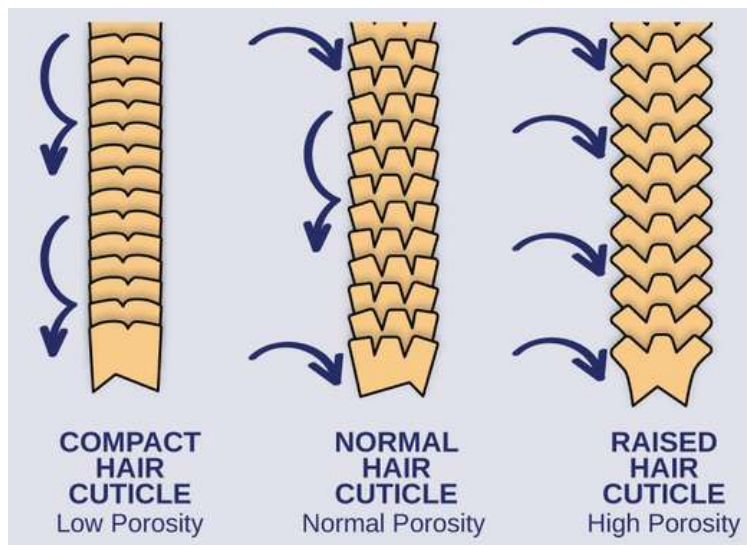
Curly hair & straight hair have different needs. People with curly hair have a few general guidelines (as always, these are generalities & aren't the rules for everyone):

- Avoid baking soda and castile soap. They are too harsh for your hair.
- Use a deep conditioner often.
- Curly hair usually has low porosity.
- Many people with curly hair prefer not to brush their hair. You can still scrunch and preen using your fingers. Curly hair typically responds well to a bamboo comb.
- Aloe vera gel is a good gel and detangler for curly hair. A general dilution is 1 teaspoon aloe to 1 cup of water (but adjust to your preference).
- Curly hair generally responds well to rhassoul and kaolin clay.



Porosity

Hair porosity refers to how well your hair can absorb and retain moisture. The no poo method that will work best for your hair has a lot to do with how porous your hair is. Figuring out your hair porosity will allow you to maximize the benefits of your conditioning products.



How Porous is My Hair?

There are 3 methods to test your hair porosity:

Method #1: The Float Test

- Fill a glass or bowl with room temperature water.
- Take a couple strands of your clean hair & put them in the water. Clean hair is important. If you have oils or products on your hair, it will alter your results.
- Watch it for 2-4 minutes.
- If your hair sinks immediately, it has high porosity. Your hair absorbed the water & sank quickly.
- If your hair is still floating 4 minutes later, it has low porosity.
- If your hair sinks slowly, you have normal porosity.



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How Porous is My Hair?

Method #2: The Slide Test

- Grab a strand of hair on your head.
- Starting from the end of your hair, slide your fingers up the hair shaft towards your scalp.
 - If you have a bumpy ride, you have high porosity hair.
 - If your hair felt smooth, you have low porosity hair.

Method #3: The Spray Bottle Test

- Take a small section of your hair and pin the rest back.
- Spray that section with a little water, just enough to mist it.
 - If the water sits on top of your hair or beads up, you have low porosity hair.
 - If your hair absorbs the water quickly, you have high porosity hair.
 - If the water sits on your hair for several minutes then is absorbed, you have normal porosity hair.

Changing Porosity

It is very possible that your porosity changes.

- Some people have sections of hair with different porosity (just like some people have curly sections of hair in a head otherwise full of straight hair).
- Some people's hair will change porosity due to hormone changes (e.g. that time of the month, pregnancy, aging) or other factors.

If this is your hair, you won't be able to look at the following chart and find a perfect fit for you. It might take a bit of extra experimenting.




We lose 50-
150 strands of
hair a day.



Porosity Care Guide

BEFORE YOU START

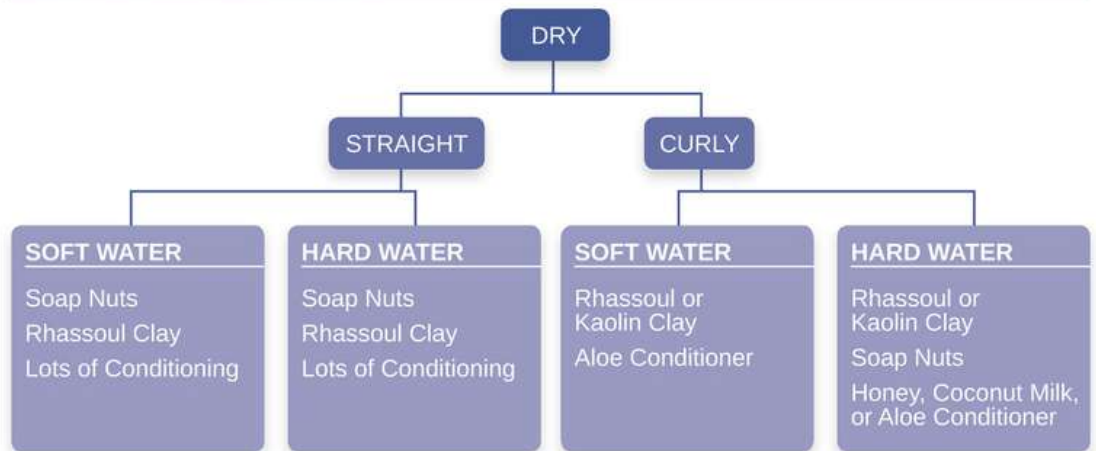
NOTE: The “how-to care” tips below are not set-in-stone rules. Everyone is different. For example, I have low porosity hair but it responds well to a coconut oil hair mask. Coconut oil is a heavy oil and does not generally do well on most low porosity hair. Your water type will also be a factor. All of the tips below are “in general.”

	LOW POROSITY	NORMAL POROSITY	HIGH POROSITY
TRAITS	<ul style="list-style-type: none">• Cuticles are closed, so moisture does not enter easily and it is resistant to moisture• Products sit on your hair• Does not absorb hair color or treatments easily• Water beads up on hair• Hair takes a long time to dry• Looks healthy but doesn't have much elasticity or volume	<ul style="list-style-type: none">• Absorbs and retains the perfect amount of moisture• Shiny, healthy, lots of volume	<ul style="list-style-type: none">• Absorbs too much moisture, but is unable to retain it• Looks and feels dull and dry• Generally damaged and over processed with torn cuticles (but not always)• Tangles easily because the cuticles get caught on each other• Hair dries quickly• Tends to be frizzy
CARING FOR YOUR HAIR TYPE	<ul style="list-style-type: none">• Use heat to open the cuticles to let the moisture in (hot water, heated deep conditioners, etc.). If you aren't opposed to the hair dryer, you can use it to heat your conditioner while it is on your hair. Or wrap a hot towel around your head (heat the towel in your clothes dryer).• Use lighter products. Argan oil and grapeseed oil are good light oils.• Reducing build up is important. Build up on low porosity hair makes it difficult for the moisture to make its way to your hair. Washing with clay, apple cider vinegar, or applesauce is a good way to remove build up on low porosity hair	<ul style="list-style-type: none">• Keep doing what you are doing! Your hair is healthy and happy. Unless, of course, you are transitioning to a no poo, nontoxic method. In general, your transition will be relatively quick and easy. 	<ul style="list-style-type: none">• Egg washes are great for high porosity hair. The protein in the egg restores and strengthens the cuticles. But do not do these too often as too much protein will cause your hair to stiffen and break.• Aloe vera gel and coconut oil are great for high porosity hair• Heavy products and cream work well for high porosity hair• High porosity hair benefits from deep conditioning masks to help restore and heal the damaged cuticles

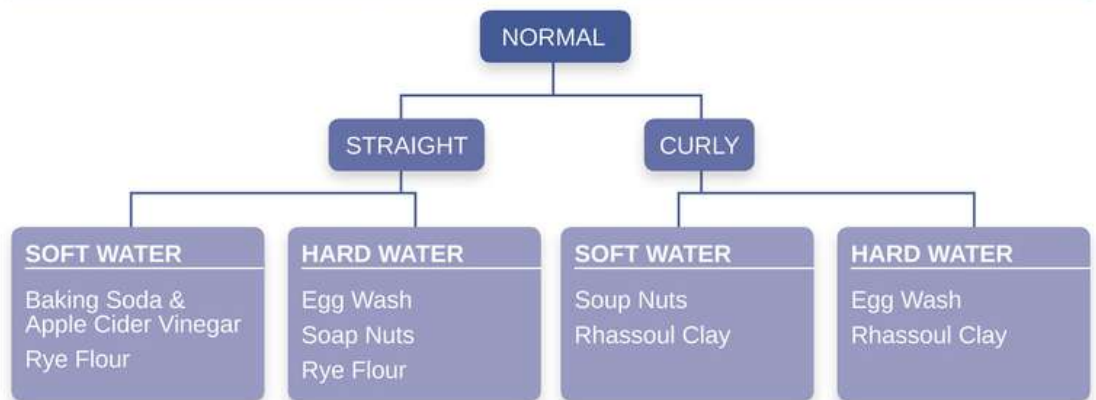


Low Porosity Get Started Guide

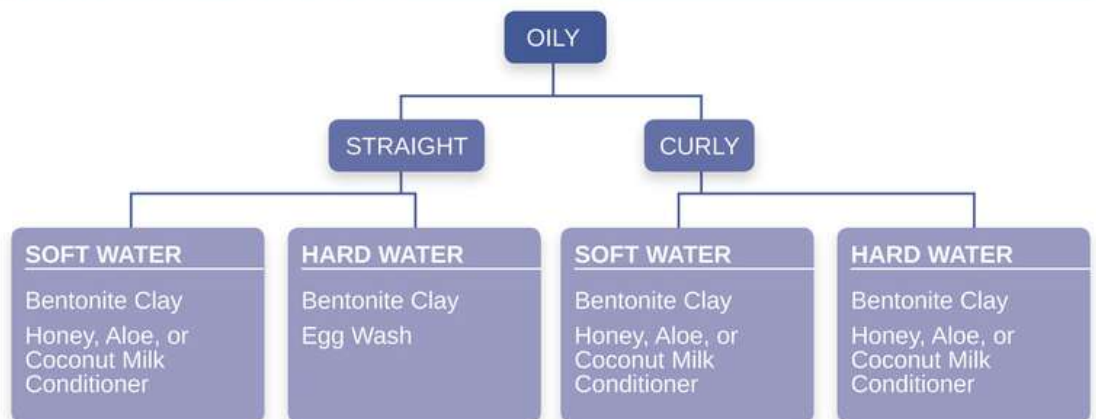
LOW POROSITY, DRY HAIR



LOW POROSITY, NORMAL HAIR



LOW POROSITY, OILY HAIR

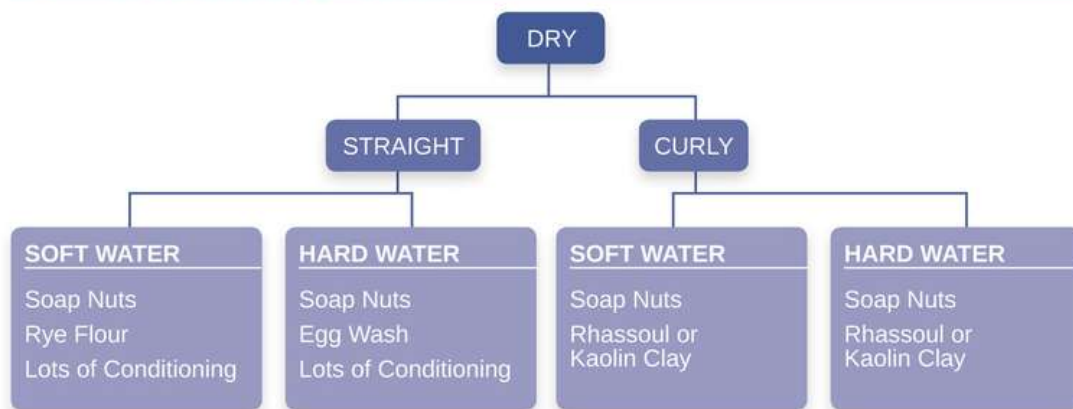


Note: Everybody's hair & desired results are different. These are general guidelines and results will vary from person to person. The suggested methods are "in general" & a good guide on where to start when experimenting with no poo methods.

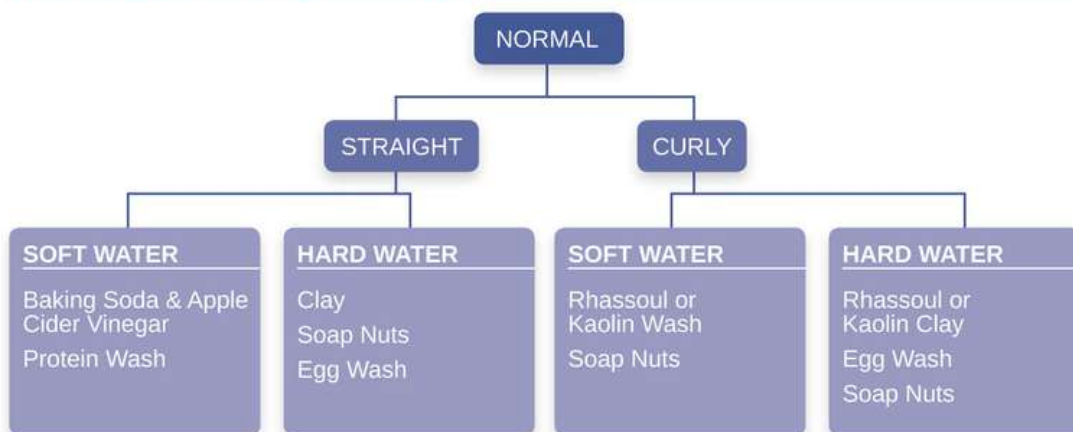


Normal Porosity Get Started Guide

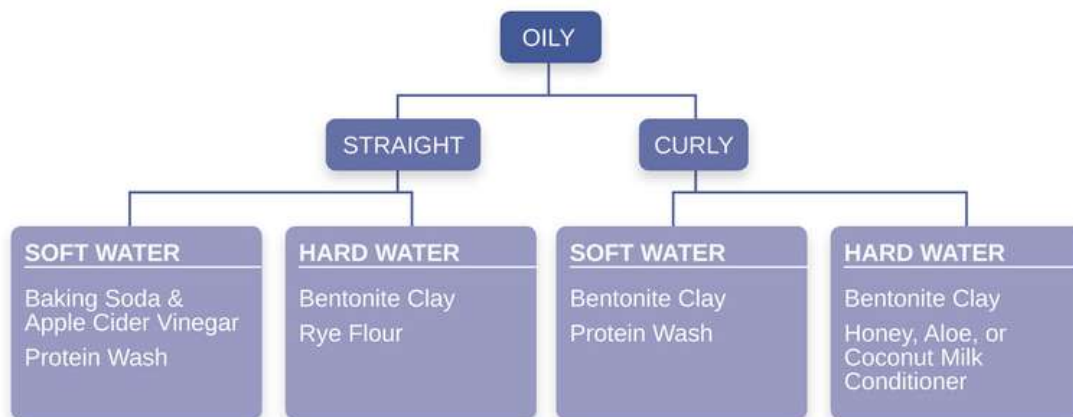
NORMAL POROSITY, DRY HAIR



NORMAL POROSITY, NORMAL HAIR



NORMAL POROSITY, OILY HAIR



Note: Everybody's hair & desired results are different. These are general guidelines and results will vary from person to person. The suggested methods are "in general" & a good guide on where to start when experimenting with no poo methods.

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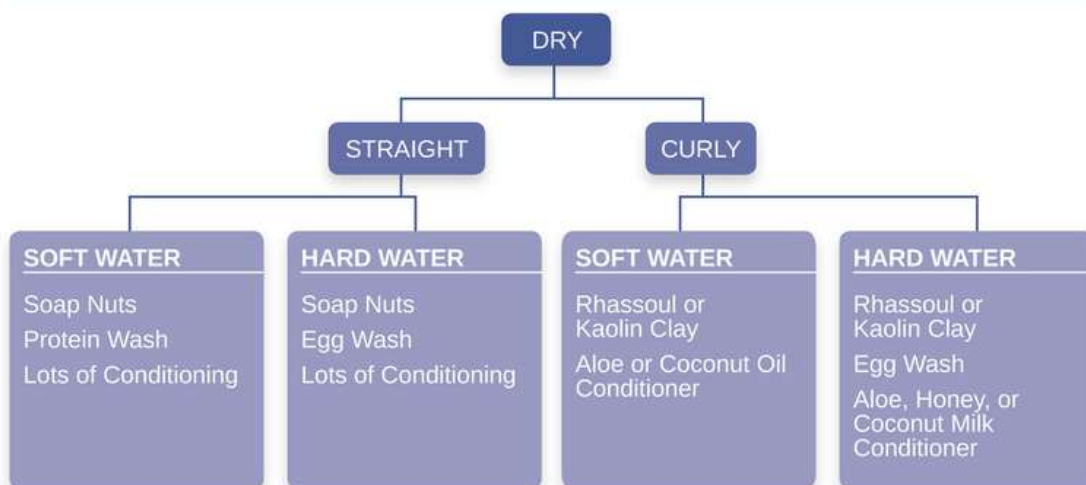
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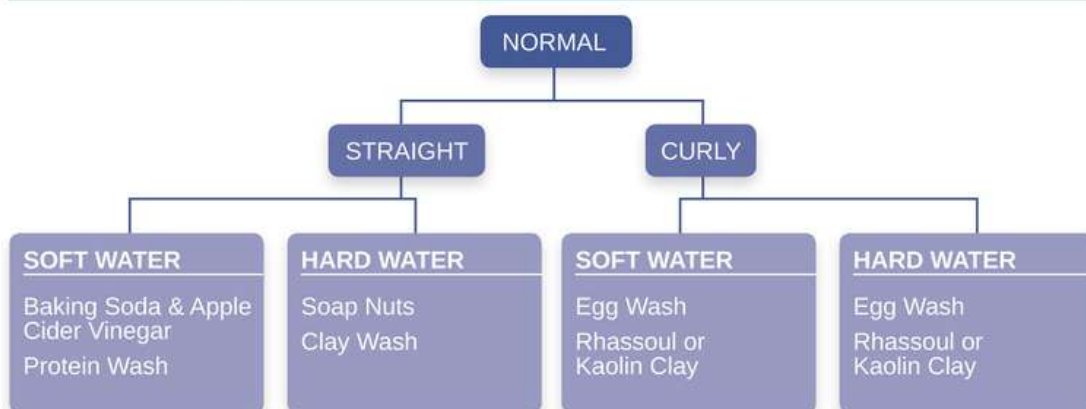


High Porosity Get Started Guide

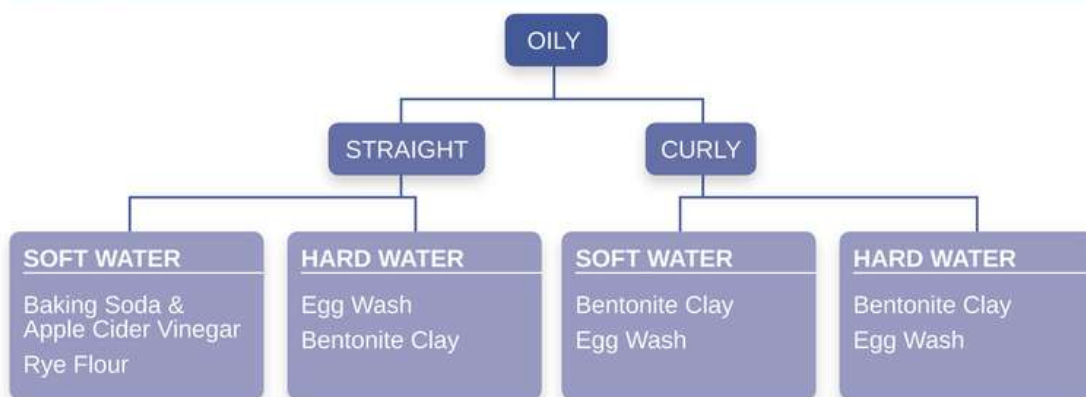
HIGH POROSITY, DRY HAIR



HIGH POROSITY, NORMAL HAIR



HIGH POROSITY, OILY HAIR



Note: Everybody's hair & desired results are different. These are general guidelines and results will vary from person to person. The suggested methods are "in general" & a good guide on where to start when experimenting with no poo methods.



Chapter 3

Choose Your Methods



No Poo Methods

There are many ways to do no poo. This is not an all-inclusive list. I hear of new methods and products regularly that are working for people. This is a list of some of the more popular methods. Experiment and have fun! Learning what works best for your hair can only be done with lots of trial and error.

Here's the list we're going to discuss in this chapter:

- Low Poo
- Baking Soda & Apple Cider Vinegar
- Protein Wash
 - Rye Flour
 - Egg Wash
- Water Only
- Acid Wash
- Tea Rinse
- Clay Wash
- Applesauce Mask
- Saponification
 - Castile Soap
 - Shampoo Bars
- Soap Nuts
- Aloe Vera & Epsom Salt

Low Poo

This book does not focus on low poo methods but I think they are important to mention since they are an option for natural hair care. Low poo products are commercial, natural shampoos without:

- sulfates
- silicones
- parabens

By purchasing products without those ingredients, you'll find that many of the other ingredients you want to avoid also aren't used by those companies. There are many low poo products on the market.

Though it's not part of the the official low poo definition, I also avoid fragrance in my products in addition to sulfates, silicones, and parabens.



Baking Soda & Apple Cider Vinegar

CHOOSE YOUR METHOD

This is the most popular no poo method. This is how I started no poo.

- Baking Soda: Use a good quality, natural baking soda.
- Apple Cider Vinegar: Raw, unfiltered with the mother is best.

How much of each ingredient to use will vary based on your hair type, needs, thickness, & length. Baking soda cleans your hair & apple cider vinegar conditions it. If your hair is dry, increase the amount of vinegar. If your hair is oily, increase the amount of baking soda.

- Baking soda tips:
 - Paste method: Keep your baking soda in a small container with a lid in your shower. When you wash your hair, get a small amount (will vary based on needs, about a teaspoon) in your palm. Mix with water to make a paste. Massage into your scalp for a few minutes. Rinse.
 - Spray method: Mix about one tablespoon of baking soda in about one cup of water. You can warm the water to dissolve the baking soda if needed. Store in a spray bottle. This amount will last one to three applications (depending on your hair).
 - For either method:
 - Focus the application to your scalp, not the shaft of your hair.
 - Rinse completely.
 - Follow the baking soda wash with an apple cider vinegar or other acid rinse to balance the pH levels.
 - Too much baking soda will damage your hair. If your hair becomes dry or damaged from using this method, then you are using too much baking soda, too often. Baking soda shouldn't be used more than once a week.
 - Baking soda should not be used with hard water.
 - Baking soda should not be used to rinse chlorine.
 - If your hair is damaged, don't use baking soda.
- Apple Cider Vinegar Tips
 - Mix vinegar with water & store in a spray bottle. Adjust the ratio for your needs. About 2 tablespoons per cup of water works for most.
 - Spray generously on your hair focusing on the ends. Let sit for a few minutes then rinse.
 - The vinegar smell is gone before your hair dries. You can add essential oils to the vinegar to cover the smell if desired.
 - Some people's hair doesn't respond well to apple cider vinegar. You can use a different acid rinse. It is very important to use an acid rinse after washing with baking soda to balance the pH levels



Protein Washes

Some people's hair loves protein & some does not. Protein strengthens hair & gives it volume. Low porosity hair generally responds well to protein

Too much protein can result in dry, crunchy, tangled hair. If this happens to your hair, simply stop using all forms of protein until your hair is able to eliminate it & deep condition your hair. Most people do fine with no more than one to two protein washes a month.

Rye flour and egg are popular types of protein washes

- Rye Flour (Note: Rye flour is not gluten free)
 - This is one of my favorites! A rye flour wash leaves my hair very shiny & smooth. Rye flour has lots of vitamins, minerals, & nutrients & most hair types respond well to it.
 - Rye flour is pH balanced perfectly for hair. You can use any kind of rye flour (dark, light, etc) but the more finely it is ground, the better. You can sift it or put it in a processor or blender to make it finer.
 - Mix 2-4 tablespoons of rye flour with 2-4 tablespoon water, stir until it is lump free. I add about 5 drops of essential oils (optional)
 - Brush your hair so it's tangle free. Massage into your hair & scalp (I wet my hair first). Leave for 5-15 minutes. Rinse completely.
 - It feels a little slippery, waxy, & slimy as you apply it. Don't worry, your hair will not be any of those things. If you are unable to rinse the flour out of your hair, try diluting it with more water or using a finer ground flour.
 - Rinsing your hair very well is important. Make sure your hair is tangle free before you wash. Tangles will trap the flour and make it hard to remove.
 - Rye flour is pH balanced for hair. A conditioning rinse is optional
- Egg Wash
 - Yep, egg washes your hair. It also conditions & strengthens it. Eggs have a lot of protein that adds volume to your hair. Use cool water from start to finish. Warm / hot water will cook the egg & you will have scrambled eggs in your hair that seems impossible to get out.
 - Beat an egg (or 2 if you have a lot of hair) & apply to wet hair (be sure to use cool water; apply from the scalp to the ends of your hair). You can add about a tablespoon of water and/or honey to the egg if desired. Leave in for 5-15 minutes. Rinse completely with cool water.
 - A conditioning or acidic rinse afterwards is optional.



Water Only

Water only is exactly how it sounds. Rinse your hair with water only and don't use any hair products.

- Run warm water over your hair in the shower.
- Scritch and preen your hair with your fingers while the water runs over it.
- Be gentle with your hair while it is wet. Don't brush it, scrunch it, or scrub it with your towel. Pat it dry and, if needed, lightly detangle with your fingers.
- Let it air dry. Do not use a terry cloth towel to dry. Use fabrics made from natural materials like cotton or silk. A cotton T-shirt is a popular option.
- You can rinse with water as often as you like. Many water only people scritch and preen nightly and do a water wash weekly. Some only scritch and preen prior to washing. And some only wash twice a month. Like all of these methods, it all depends on personal preference and your hair.
- Sweat is water soluble. You can use the water only method post workouts.
- Note: The water only method does not work well with hard water. If you have hard water or if water only dries out your hair, the acid only method might be a good fit for you.

Acid Wash

The acid only method combines the water only method with an acidic rinse. For extra conditioning, try adding honey to your acid.

- Rinse, scritch, & preen your hair as described above in the water only method. Follow with an acid rinse. Can be done as frequently as desired.

The following are acid rinses. You can also use any of these as a substitute for apple cider vinegar in other wash methods:

- Apple Cider Vinegar: Dilute with water (from 1:1 to 1:4 ratio, vinegar: water).
- Distilled White Vinegar: Dilute with water (from 1:1 to 1:4 ratio, vinegar: water). If apple cider vinegar leaves a waxy residue on your hair, try white vinegar instead.
- Kombucha & Kefir: Fermented products that are easy to make & have natural probiotics which promote scalp health. Dilution is not necessary.
- Alcohol-Free Witch Hazel: Dilute 2 tablespoons to half to 1 cup of water.
- Raw Apple or Orange Juice: Dilute 2 tablespoons to half to 1 cup of water
- Aloe Gel: Diluting is optional
- Beer: Diluting is optional
- Coffee: Brew as desired and diluting is optional

CHOOSE
YOUR
METHOD



Tea Rinse

Some people categorize tea rinses as an acid wash. However, how acidic your tea is will vary depending on the type of tea and dilution rate. Depending on the pH levels of your tea, it may be great by itself or it may need to be combined with another wash or conditioner to balance the pH level.

Tea rinses can be very moisturizing for your hair. You can pour it over your head in the shower, massage, then rinse or you can leave it in as a leave in conditioner (some people prefer putting the tea in a spray bottle and spraying smaller amounts if you choose to leave it in).

Tea rinses do not remove sebum so for many a tea rinse is used best as a conditioner.

There are many different varieties of tea so you can experiment with what works best with your hair. You can brew your tea to any strength you prefer and dilute as desired.. You can also get very creative with your tea rinse by creating your own tea blends with herbs & spices.

Here are some common teas used as a hair rinse (this is not an inclusive list; there are many, many types of teas):

- Green: Stimulates hair growth, reduces shedding, good for all hair types
- Chamomile: Brightens hair, good for blondes
- Black: Reduces shedding, good for dark hair
- Nettle: Conditions dry scalp, good for all hair types
- Hibiscus: Good for red hair, promotes hair growth
- Marshmallow Root: Conditions dry scalp, good for dry hair
- Rosemary: Good for dark hair, good for oily hair
- Peppermint: Good for oily hair
- Fenugreek: Conditions dry scalp, promotes hair growth



A single strand of hair has a lifespan of 2-7 years.



Clay Wash

Popular clay washes include:

- Bentonite clay is volcanic ash. When it is mixed with a liquid, it swells & forms a sponge. This sponge has a natural negative electric charge that attracts excess metals, hydrogen, toxins, & impurities, pulling them out of your hair & scalp. It replaces the toxins with naturally occurring minerals in the clay.
 - Bentonite is best for oily hair.
 - Because of its detoxing power, if you are in the middle of transitioning, you can use bentonite clay to help speed up the detox process.
- Rhassoul clay is mined in Morocco. It contains a lot of minerals (including magnesium, iron, and potassium) and silica that are good for hair. It improves elasticity, moisturizes, exfoliates, and detoxes. Moroccan women have used it for beauty care for centuries with earliest known use during the 8th century.
 - Rhassoul clay is best for dry and/or curly hair.
- Kaolin clay is the most gentle clay and good if you have a sensitive scalp. This is a good clay to use if you have not transitioned to no poo yet. Kaolin clay stimulates circulation, gently exfoliates, and cleanses.
 - Kaolin clay is best for dry and/or curly hair.

To use:

- Mix about 2 tablespoons (more or less depending on how much hair you have) clay with an equal amount of water, aloe vera, or apple cider vinegar.
- Massage into your hair, from scalp down the entire length of your hair.
- Let sit for 5-15 minutes.
- Rinse.

If you mix the clay with something acidic (like apple cider vinegar), you don't need an acidic rinse. If you don't mix it with something acidic, it's important to do an acidic rinse afterwards to balance pH levels. Apple cider vinegar is most popular.

- You can use this mask as an occasional deep cleanser and detox.
- You can also use the same method on your face for a face mask (I love bentonite clay face masks).

CHOOSE
YOUR
METHOD



Applesauce Mask

This is great for hard water and wax buildup. You can use any natural applesauce with the least amount of ingredients possible or make your own at home. Ensure it is very finely blended. I recommend running your applesauce through a blender so it's easier to remove from your hair.

- Apply room temperature or warmer applesauce to dry, tangle free hair. You can warm it up for comfort or if you have low porosity hair. Use enough to generously coat your hair from root to tip.
- Leave for up to an hour.
- Rinse well. It will probably take several minutes to get it all out.
- A conditioning rinse is optional. Apples are acidic, so if you follow with a rinse, don't use anything too acidic.

Depending on the amount of buildup, you may have to do this multiple times. You can do it as frequently as you like until the wax buildup is gone. Your hair will likely get worse and waxier before it gets better. That's a sign of detox and means it is working.

You might experience flaking from your scalp. This is the waxy buildup flaking off. It might appear alarming but it's just the effects of a good detox.

This can be used before you start transition to the no poo method to help get rid of waxy buildup from commercial hair products.

Saponification

Saponification is the process that produces soap, often from fats and lye. Most of the products listed in this book do not go through the saponification process and are left in their natural state. There are some natural options that are soap. I need to note that hard core no poo-ers do not consider soap no poo and would instead put it these products in the low poo category.

- Castile Soap is used in a lot of DIY no poo recipes. Dilute about half of a tablespoon in half of a cup of water. You can add other products such as essential oils or honey if desired. Follow with an acid rinse to balance the pH levels.
- Shampoo bars: Many artisanal soap makers create shampoo bars. Check Etsy, your local health food store, and farmers markets. Just make sure they don't contain sulfates, silicones, or parabens.



Soap Nuts

Soap nuts are berries that grow on a tree & are full of a natural cleanser. They can be used to clean just about anything from laundry to glass to skin to hair. They are soothing for skin & great for skin issues such as psoriasis & eczema.

Soap nuts are a gentle cleanser and are good for thin or damaged hair. They are also a good option if you have hard water. Soap nuts are pH balanced for your hair.

First, make liquid soap:

- In a saucepan, boil about six cups of water with about seven to ten soap nuts (use a few more for hard water). Different brands have different amounts of soap in each nut. It may take a few batches to find out exactly how many nuts you need for the desired soap amount and your water type. If your nuts are broken, just estimate the amount you need to make 7–10 nuts.
- Reduce the heat and simmer for about 20 minutes.
- Let cool.
- Remove the soap nuts. Let them dry out. You can reuse them about 6 times.
- Store the liquid soap in the fridge. It will keep for a few weeks.
- You can add 10–15 drops essential oils to the liquid soap (optional).

Use about two to four tablespoons of the liquid soap to wash your hair. Massage it into your hair just as you would shampoo. Let it sit for five to ten minutes. Rinse. Soap nuts do not need a conditioning rinse.

Aloe Vera & Epsom Salt

Epsom salt adds volume to hair. Aloe vera is moisturizing. I like to use this wash when my hair feels a little dry and/or flat.

- Mix about 1 teaspoon Epsom salt with 2–4 tablespoons aloe vera gel.
- Add a little water to get the desired consistency (optional).
- Massage into scalp and hair. Rinse.

This rinse cleanses my hair & leaves it soft & bouncy. I have heard that for some, it moisturizes great, but does not clean very well. If it doesn't cleanse your hair, you can wash with another method & use this as a conditioning rinse.



Deep Conditioning

Deep conditioning is beneficial for all hair types & can enhance any hair care routine. You can create a personalized deep conditioning mask & get crafty with ingredients you already have in your kitchen.

You can mix & match any of these ingredients. Have fun finding combos that your hair loves!

- Honey
- Aloe Vera Gel
- Kefir
- Yogurt
- Kombucha
- Egg
- Bentonite Clay
- Red Clay
- Epsom Salt
- Apple Cider Vinegar
- Beer
- Tea
- Mayonnaise
- Banana
- Coconut Oil
- Coconut Milk
- Applesauce
- Avocado
- Castor Oil
- Argan Oil
- Olive Oil
- Avocado Oil
- Almond Oil
- Jojoba Oil
- Shea Butter
- Henna
- Essential Oils

How To Mix Your Deep Conditioner

- Use 1/4 - 1 cup total of ingredients depending on the thickness & length of your hair & ingredients you're using.
- Limit oil to 1 tsp to 2 tbsp if using. The longer & thicker your hair, the more you can use. A little oil goes a long way & the more you use, the harder it is to get out of your hair.
- Use about 5-10 drops of essential oils, if using. You can mix the essential oils. More essential oil tips in the essential oil section.

How Long To Leave Your Deep Conditioner In Your Hair

- For most recipes, 15-30 minutes is enough to condition your hair. Some recipes you can leave in overnight (not eggs, bananas, or avocados). However, for some hair types, leaving conditioner in for more than 30 minutes will weigh it down & result in less volume.

How Often Should I Deep Condition?

- For best results, deep condition 1-4 times per month.



Deep Conditioning

Tips

- Brush / comb your hair before application so it's tangle free.
- Apply to the hair shaft. Avoid applying the conditioner directly to your scalp unless you are addressing dry scalp or other scalp health issues.
- Comb the conditioner through your hair.
- You can use a shower cap if desired.

Rinsing Out Your Deep Conditioner

- You may be able to wash it out with water or your no poo wash method.
- If it's hard to get out of your hair, you can use baking soda, clay (bentonite or red), egg wash, or soap nuts. I prefer using an egg wash.

Deep Conditioner Recipes

Here are some sample recipes. Remember, you can get creative & mix and match your ingredients. Adjust the quantities for your hair thickness & length. These quantities are for about shoulder length hair with average thickness.

<ul style="list-style-type: none">• 1 tbsp Coconut Oil• 5 Drops of Purification or Tea Tree Essential Oil	<ul style="list-style-type: none">• 1 Egg, Whisked• 1 tbsp Water• 1 tbsp Olive Oil
<ul style="list-style-type: none">• 1/2 c Kefir• 1 tbsp Honey• 1 tbsp Apple Cider Vinegar• 5 drops Cedarwood Essential Oil	<ul style="list-style-type: none">• 1 tbsp Coconut Oil• 2 tbsp Kombucha• 1 tbsp Water• 5 drops Peppermint Essential Oil
<ul style="list-style-type: none">• 1 Ripe Banana, Smashed• 1 tbsp Coconut Milk• 1 tbsp Honey	<ul style="list-style-type: none">• 1 tsp Epsom Salt• 2 tbsp Aloe Vera Gel• 1 tbsp Water
<ul style="list-style-type: none">• 1/2 an Avocado, Smashed• 1/4 c Mayo• 1 tsp Avocado Oil• 5 drops Lavender Essential Oil	<ul style="list-style-type: none">• 1/4 c Applesauce• 1 tbsp Apple Cider Vinegar• 1 tbsp Honey

CHOOSE YOUR METHOD



Chapter 4

Caring for Your No Poo Hair



Scratch & Preen

When I started scratching and preening my hair, the whole no poo world opened up for me! It made a huge difference in the condition of my hair.

- “Scratching” refers to massaging your hair. This encourages sebum production, releases any buildup on your scalp, and stimulates your scalp to encourage hair growth.
- “Preening” refers to dragging the sebum oils from your scalp down the shaft of your hair. This process moisturizes and conditions your hair and removes excess oil from your scalp.

This is a big reason why no poo-ers are able to go so long between washes. When you let the sebum oils settle on your scalp, your scalp can get very greasy & needs to be washed. Instead, use those natural oils to your advantage & moisturize your hair.



- Detangle your hair with a comb, brush, or your fingers
- Scratch: Gently massage your scalp for about 5-10 minutes. Be sure to get your entire scalp.
- Preen: Drag the oils down your hair.
- This process takes 10–20 minutes depending on how much hair you have.
- You might find it helpful to pin the top half of your hair up, preen the bottom half, then let your hair down and preen the top half.



Scratch & Preen

NO POO HAIR CARE

Scratch & Preen Methods & Tips:

- Boar Bristle Brush Method (BBB):
 - BBBs range from expensive to budget friendly. BBBs can be 100% boar bristles or a mix of nylon & boar bristles.
 - For fine hair, a pure bristle brush is better.
 - For thick / coarse hair, a nylon mix is better.
 - It's best to use your BBB for preening only. Using it for detangling & on wet hair can damage your hair.
- Finger Method:
 - Grab a small section of your hair between your thumb & forefinger & drag the oil down your hair. This is more time consuming than BBB.
 - This is typically the preferred method for curly hair.
- Bamboo or Wood Brush:
 - If you are tender headed, have curly hair, don't produce much sebum oil, or have fine hair that breaks easily, you will might prefer a bamboo or wooden comb or brush.
- How often you scratch & preen depends on your hair & sebum production -- anywhere from once a week to daily.
- Scratching & preening is beneficial for those who do the water only method.
- Be sure to wash your brush or comb after every use so oil won't build up on the bristles. I put a little castile soap on my palm & gently scrub the brush on my palm under running water, rinse the soap off, Lay the brush out to dry (bristles facing down so water can run off & not settle into the brush).



Satin or Silk Pillowcase

Upgrade your pillowcase to satin or silk to prevent hair breakage and reduce frizz. Plus, it's better for your skin.

- Cotton is more absorbent & will soak up moisture from your hair. Satin & silk will leave your hair more hydrated.
- The texture of cotton increases friction & results in more frizzing, tangling, matting, & breakage,
- Satin & silk fibers are more breathable, which may reduce dust and bacteria buildup.



Drying Your Hair & Heat Tools

Yes, you can use a hair dryer & other heat styling tools with no poo if you want to! Since most no poo-ers wet their hair only when they wash it, it only gets wet two to four times a month. So you would only be blow-drying your hair a few times a month.

However, heated styling tools can damage, dry out, & break your hair.

Since you're washing your hair infrequently, you can schedule your washes so you have time to allow it to air dry.

Terry cloth towels can break and damage your hair. Microfiber or cotton is best. You can even use an old cotton t-shirt to towel dry your hair.

No Heat Curls

Yes, you can keep your heat styling tools if you want! But there are many ways to style & curl your hair without heat. Here are my favorites:

Headband Curls

My absolute, hands down favorite way to get no heat curls is by using a headband.

- Slightly dampen your hair. or let it dry until it's just a little damp.
- Put the headband on your head, hippie style -- across your forehead & on top of your hair.
- Wrap your hair in pieces around the headband.
- Leave as long as you can; anywhere from one hour to overnight. The longer you leave your hair wrapped up, the curlier it will be.
- You can also use a hair dryer to speed up the process. Wrap your hair in the headband, and then use a hairdryer for about five minutes. Although, this would not be "no heat."
- Unwrap your hair.
- Comb through as desired (with your fingers, brush, or comb).
- Enjoy beautiful curls



No Heat Curls

NO POO HAIR CARE

Foam Rollers

We've all seen the old movies with the women with their hair in foam rollers. It's a tried & true method.

- Roll your hair in the rollers & clip them in place (I like the rollers with built in clips).
- Leave in for several hours or overnight.
- Unroll your hair.
- Brush through if desired.

Twists & Braids

The tighter the twist or braid, the tighter the curl. A single French braid, tiny twists, one big twist up in a bun, lots of little braids... anyway you twist, twirl, or braid it, it'll curl.

I find it better to lightly dampen my hair before braiding it then leave it in for several hours or overnight.

T-Shirt Curls

You can use any scrap fabric for this method: old T-shirts, dish towels, socks, leftover fabric from a craft project, anything. A natural fabric like cotton is best.

- Cut your fabric into about 6" long strips, about 1" wide.
- Slightly dampen your hair.
- Section your hair into 1-2" sections.
- Roll the section around a fabric strip. Roll under / towards your neck.
- Tie the fabric strip in a knot.
- Leave for a couple hours or overnight.
- Untie and remove the fabric strips.
- Brush through as desired.



Hair Styling Products

Since I have started no poo, I use very few styling products because my hair just doesn't need them. My hair holds curl better & is not as frizzy.

If you choose to purchase products, avoid these ingredients:

- Sulfates
- Parabens: Anything that ends with "paraban"
- Polymers: Silicones, anything that ends with "cone", "xane", "zane" or "conol"
- Alcohol: Alcohol is drying specially if you have dry or porous hair

You can check the toxicity level of your products on the EWG database.

There are many DIY spray, serum, & gel recipes if you choose to make your own products. Common ingredients include:

- Aloe vera gel
- Glycerin
- Essential oils
- Marshmallow root
- Coconut oil
- Almond oil
- Jojoba oil
- Apple cider vinegar
- Sea salt
- Gelatin

There are DIY recipes in the recipe section. The products I use most often on my hair are argan oil with essential oils and dry shampoo.



Hair grows the fastest when we are between 15-30 years old.



Natural Hair Color

NO POO HAIR CARE

You can still color your hair & use the no poo method. A few things to consider:

- Most commercial dyes are full of chemicals. If you want to embrace no poo completely, use a natural dye.
- How you wash the dye out of your hair will depend on your hair, dye, & water type. Some people use a commercial shampoo to wash the dye out & then return to their no poo routine. Some people use a vinegar rinse.
- In general baking soda does not work well with chemically dyed hair.
- The same goes for using a chemical relaxer. You can relax your hair & use the no poo method. Often, relaxed hair needs extra conditioning.

If you choose to use a natural hair color, the most common options are lemons, coffee, black walnuts, and henna. This is not an all-inclusive list. I've also heard of people using beet juice, carrot juice, tea, or hibiscus petals. If it's a food or plant from nature and you can steep it in hot water to get color out, there's a good chance it will color your hair.

Most of the rinses made this way are temporary. So go ahead and experiment! Be sure not to use anything too acidic or too basic.

Lemons

What teenage girl hasn't used lemons or lemon products to add highlights to her hair? I know I did it religiously every summer for years.

In a spray bottle mix:

- 1 part lemon juice
- 1 part water
 - You can also use conditioner instead of water to make a cream or gel for fuller coverage. Honey, coconut milk, aloe, or kefir or good choices.
- Spray on your hair, either all over or just in sections for highlights.
- Leave for 20 minutes then rinse.
 - Lemon juice is photosensitive, so sunshine will intensify the lightening effect.
 - Avoid application directly to your scalp or skin. Since the lemon juice is photosensitive, you might get a sunburn.



Natural Hair Color

Coffee

You can also use coffee to color your hair. The caffeine may also stimulate hair growth. This works best on brunette hair.

- Brew coffee. Let it cool.
- Using just the coffee or just the grounds or both you can apply two different ways:
 - Pour the coffee directly on your hair & massage the grounds into your scalp.
 - Mix about two tbsp coffee and/or grounds with half of a cup conditioner. Common conditioners are coconut milk, aloe, or kefir.
- Leave the coffee rinse on for about 20 minutes.
- Rinse out.
- You can follow with an acid rinse like apple cider vinegar to lock in the color and neutralize the coffee smell (optional).
- Coffee rinses do cover grays, but may take several applications to get the desired coverage.
- Coffee rinses are temporary. For consistent coverage, you will need to do this 1-3 times a week.

Walnuts

The easiest way to make walnut dye is to buy black walnut hull powder. You can also use hulls from black walnuts and make your own powder or soak the hulls in hot water for several hours.

- Add 3-5 tablespoons black walnut hull powder to 2-3 cups boiling water.
- Steep for several hours.
- Massage into hair.
- Let sit for 15-20 minutes.
- Rinse.
- The color lasts one to two months.



Hair grows
about 1/2"
per month



Natural Hair Color

Henna

Henna is the most popular natural dye among no poo-ers. Henna is a powder ground from the leaves of a plant. It is a reddish-orange dye. Other plant based dyes (like cassia and indigo) are added to the henna to create other colors. The colors range from red to brown to black.

- Henna does not and cannot lighten your hair.
- Henna does cover gray hair. However the amount of coverage will vary. Adding about a teaspoon of salt per 100 gram of henna may help increase gray coverage.
- Henna is not permanent. It will last 2-12 weeks. As with everything, it depends on individual factors such as hair type and your hair care routine.
- Use a natural henna without metallic salts, peroxide, ammonia, or other additives.
- You can also purchase the henna, cassia, and indigo separately to make your own custom blend.

My hair is naturally dark brown. Since henna does not lighten hair, if I use one of the browns, it does not change the color of my hair much. If I use one of the reds, it gives my hair a red undertone. How red depends on the shade I use. I use henna mostly for the deep conditioning properties as opposed to the hair color.

- Follow the directions for your henna and use gloves.
- Henna removes sebum so it is considered a wash. Therefore, you don't need to wash your hair before or after using henna. Using a conditioner after is optional as it's naturally moisturizing & conditioning.
- I rinse it out by submerging my hair in a tub full of water and swish my hair around for a few minutes.
- It's best not to use hard water with your henna. The minerals in the water could react with the henna.
- The henna color does develop over a few days with oxidation. It usually gets darker or more intense a few days after the treatment.
- Put a little petroleum-free jelly around your hairline, ears, and neck to keep from dying your skin.



Essential Oils for Hair

Not only do essential oils smell great, but they can also promote the appearance of healthy skin, hair, and scalp. There are so many essential oils (singles & custom blends). This is the most popular essential oils for no poo and not an all-inclusive list.

Essential Oils for a Healthy Scalp	Essential Oils for Dry Hair	Essential Oils for Normal Hair	Essential Oils for Oily Hair
<u>Cedarwood</u> <u>Clary Sage</u> <u>Copaiba</u> <u>Cypress</u> <u>Eucalyptus</u> <u>Frankincense</u> <u>Juniper</u> <u>Lavender</u> <u>Melrose</u> <u>Patchouli</u> <u>Peppermint</u> <u>Purification</u> <u>Rosemary</u> <u>Sage</u> <u>Tea Tree</u> <u>Thieves</u> <u>Vetiver</u>	<u>Bergamot</u> <u>Chamomile</u> <u>Geranium</u> <u>Juniper</u> <u>Lavender</u> <u>Peppermint</u> <u>Rose</u> <u>Sandalwood</u> <u>Ylang Ylang</u>	<u>Carrot Seed</u> <u>Cedarwood</u> <u>Chamomile</u> <u>Clary Sage</u> <u>Cypress</u> <u>Lavender</u> <u>Lemon</u> <u>Purification</u> <u>Rosemary</u> <u>Sage</u> <u>Thieves</u> <u>Thyme</u> <u>Ylang ylang</u>	<u>Cedarwood</u> <u>Citrus Fresh</u> <u>Clary Sage</u> <u>Cypress</u> <u>Eucalyptus</u> <u>Lavender</u> <u>Lemon</u> <u>Juniper</u> <u>Purification</u> <u>Rosemary</u> <u>Tea Tree</u> <u>Thieves</u>

My personal favorite essential oils for hair care:

Purification (my absolute favorite essential oil!), Lavender, Patchouli, Cedarwood, Frankincense, Peppermint, and Rosemary.



Let's chat about essential oils!

- Got questions?
- Just looking?
- Wanna get started?

I gotcha!

Get your questions answered
& get my most used tips here.

I'd be honored to be your oil hockup!

I partner with Young Living Essential Oils. because of their commitment to quality & purity. And isn't that what us no poo-ers want?? Pure, natural, quality products.

Visit my essential oils page here:
thecrunchymoose.com/oils



Essential Oils for Hair

I add essential oils to almost every hair product I use.

- When I wash my hair with rye flour, I add a couple drops of essential oils.
- When I make a hair serum, I add essential oils.
- When I mix my dry shampoo, I add essential oils.

Essential oils promote a healthy scalp, add shine, nourish your hair, and add a wonderful, natural scent.

- For a single use, I use about 5-10 drops of essential oils. For example, when I make my rye flour paste, I use 2-4 tablespoons of rye flour, mix with water to make a paste, and add about 5 drops of essential oils. You can do the same with clay, baking soda, egg, or any other wash you are using.
- For premixed recipes, I add about 15-20 drops per cup of mix. So if you were to mix a liquid castile soap shampoo, mix your soap and water to desired ratio (anywhere from 1 teaspoon of soap per cup of water to a 50/50 mix), and add 15-20 drops of essential oils of choice. I do the same with my dry mixes like dry shampoo. You can also do this with your vinegar rinse, especially if you don't like the vinegar smell.
- For a hair serum, I mix a carrier oil with essential oils. My personal favorite is argan oil. I mix two oz. of argan oil with about 30 drops of essential oils. I use just 2-4 drops of this mix at a time on the ends of my hair to add shine and tame flyaways.
- You can also use 3-6 drops of essential oils neat (not diluted or mixed with anything). Just put 3-6 drops on your palms, rub your hands together and run your hands through your hair. Or you can put a few drops of essential oils on your brush and brush through your hair.
- You can mix your essential oils and use 2-3 at the same time or you can use just one oil at a time.
- As with just about everything in this book, the oils for hair types, issues, and dilution ratios aren't one size fits all. Essential oils are synergistic; different people react differently to them.



Feed Your Hair

Beauty comes from within. And your hair is no exception. Here are some foods and supplements that nourish your hair.



Check out my shop page to see my favorite brands of supplements:
thecrunchymoose.com/shop

Water

When you are dehydrated, so is your hair. Stay hydrated, my friends. Filtered water without fluoride, chlorine, & other contaminants is best. You can get a home filter system to filter your water at home.

Whole Foods

Eating a whole food diet is important for many reasons including beautiful, nourished hair. Here are some foods your hair will love:

- Green, leafy vegetables including kale, spinach, & Swiss chard
- Meat that is high in protein & iron
- Fatty fish including salmon, herring, & mackerel
- Nuts including walnuts & almonds
- Vegetables including sweet potatoes, carrots, avocados, & bell peppers
- Berries including blueberries & strawberries
- Eggs
- Citrus fruit
- Oysters
- Beans & lentils
- Seeds including flaxseeds, pumpkin seeds, & chia seeds (overnight oats with chia seeds are one of my favorite hair boosting foods.)
- Fermented drinks & foods like kombucha, kefir, & fermented vegetables

Omega-3

Omega-3 fatty acids are great for your hair. They moisturize from within & give your hair added shine. Foods high in omega-3 include pasture raised meats, salmon, walnuts, beans, eggs, Brussels sprouts, spinach, & flaxseed. You can also take an omega-3 supplement like cod liver oil or krill oil.



Feed Your Hair

Probiotics

Taking probiotic supplements & eating fermented foods has many benefits including:

- may minimize dandruff & promote a healthy scalp
- contains good bacteria your gut needs to stay healthy
- may help combat candida, fungus, & yeast overgrowth
- boosts your body's immunity to allergenic & inflammatory skin conditions

Fermented foods, such as kombucha and kefir, are naturally rich in probiotics. You can also do a probiotic hair mask by applying kombucha or kefir directly to your scalp.

Collagen, Gelatin, & Sulfur

- Collagen is the protein that connects the fibers in our tissues, skin, ligaments & bones. A collagen supplement is made from collagen extracted from animals.
- Gelatin is the cooked form of collagen and can be used as a supplement and in cooking.
- Sulfur is a mineral found in every cell of our body. Many amino acids, vitamins, & mineral compounds contain sulfur. Taking sulfur (from supplementation or food sources) promotes natural production of collagen.
 - Sulfur is found in egg yolks, cabbage, broccoli, cauliflower, Brussels sprouts, kale, collards, asparagus, onions, & garlic
 - My favorite Sulfur supplement (& favorite hair, skin, & nails supplement) is Sulfurzyme.



Only 1% of the
world's
population has
natural red hair.

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Chapter 5

Ashlee's Journey



Ashlee's No Poo Journey

My hair is low porosity, low density, thin, and straight. Other than a few years of heavy highlighting in college, I haven't ever chemically dyed it. Oh, and then there was that decade of perms in the late 80s and early 90s.

I started with the baking soda and apple cider vinegar method. I used that method about every four days at first. Then I was able to increase the time between washes to a week.

My transition time lasted about three months and it was pretty rough.

The baking soda and apple cider vinegar worked great for me for a little over a year. My hair grew faster than ever, it was thicker than ever (although my hair still isn't "thick", it is thicker than before I started the no poo method), and it was more manageable than ever. I was able to put away my hair dryer and straightener. I loved my baking soda.

Then one day, seemingly out of nowhere, the baking soda and apple cider vinegar stopped working. My hair started to dry out and got brittle.

I was determined not to go back to commercial shampoo so I started experimenting extensively with other no poo methods.

Baking soda can damage your hair if too much is used too often. And that's what I was doing. A couple times a month of baking soda for over a year was too often for my hair.

I discovered the rye flour wash. My hair loved it instantly. It conditioned my hair and my brittle hair bounced back very quickly.

Check Out My Yearly Updates



Ashlee's No Poo Journey

“So what should my monthly routine be?”

That's a tough question to answer because it will vary on your hair, your no poo methods, and your desired results.

Here is a sample of my monthly routine:

- I wash 2-4 times per month
- I use dry shampoo a couple times a week
- I scritch & preen about 15 times a month
- I do a henna rinse every 3-4 months
- I do a deep conditioner about once a month
- I use argan oil on the ends of my hair a couple times between washes

MONTH 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rye flour wash		Scritch & preen	Dry shampoo & argan oil in the ends	Scritch & preen		
Dry shampoo	Scritch & preen		Baking soda & apple cider vinegar wash	Scritch & preen and argan oil on the ends		
Scritch & preen	Scritch & preen and Dry shampoo	Scritch & preen		Scritch & preen		Rye flour wash
	Scritch & preen		Henna rinse		Scritch & preen	

MONTH 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Scritch & preen	Rye flour wash and argan oil on the ends	Scritch & preen	Dry shampoo	Scritch & preen		
Dry shampoo	Scritch & preen	Coconut oil mask with an egg wash		Scritch & preen		Rye flour wash
Scritch & preen	Scritch & preen	Dry shampoo		Scritch & preen		Dry shampoo
Scritch & preen		Bentonite clay & apple cider vinegar mask	Scritch & preen	Dry shampoo	Scritch & preen	Baking soda & apple cider vinegar wash

MY JOURNEY



Ashlee's No Poo Journey



www.TheCrunchyMoose.com/nopoo



I went 4 years without shampoo & then went viral! Learn how I did it [here](#).



**THE NO
POO
METHOD**

I went 4 years without shampoo & then went viral!

[Learn More!](#)



Chapter 6

FAQ



Frequently Asked Questions

Get more info, details, & answers to these questions throughout this book.

Is your hair dirty? Does your hair stink? Do you wash your body? Do you stink?

No, no, yes, and no.

- I wash my hair. Just not with a commercial product with a “shampoo” label. I use natural ingredients that nourish, wash, and moisturize my hair.
- It does not stink. In fact, I use essential oils in my hair products so it smells like lavender & rosemary.
- I do wash my body every time I shower (which is daily). I do not stink & neither do other no poo-ers.

Can I use the no poo method for my child?

Absolutely. The point of these products is that they are safe & nontoxic. In fact, many children start with low poo for the first couple years (a natural baby body wash or shampoo product without sulfates, or parabens). It would be easy to transition them to a no poo method.

Can I blow dry my hair & use heat styling tools?

Yep, it's your hair! I have heard from quite a few no poo-ers who use heat styling tools on their hair. Note that heat can damage, dry out, or break your hair.

What about swimming & chlorine?

Don't use baking soda to wash your hair after swimming in chlorine. Use other no poo methods. If you are able to, wet your hair with clean water from the shower before you swim. Your hair will be saturated with clean water and unable to soak up as much chlorine.



Frequently Asked Questions

FAQ

Did no poo give me dandruff?

Sometimes it's not dandruff.

- Make sure you are rinsing your hair completely. Many of the products used in no poo are grainy. If they are left in your hair, they could be mistaken for dandruff.
- Too much baking soda too often can damage your hair & scalp, causing dryness. Try cutting back on the amount & frequency of baking soda.
- You can use a deep conditioner to combat a dry scalp.
- A big part of the transition period (mine lasted three months) is your hair & scalp detoxing. Sometimes this results in toxic products (chemicals & synthetic ingredients) physically being released from your hair. So you may just be detoxing, which is a good thing.

Sometimes it is dandruff.

- Dandruff can be treated with anti-fungal products or soothed with natural ingredients like:
 - Essential oils
 - Honey
 - Apple Cider Vinegar
 - Probiotics

I work out a lot & sweat. Can I no poo?

Of course. Sweat is water soluble, so the water only method would work well. You can always mix different methods so use the water only method most days & then wash it with another method as needed.

My hair is not like yours. I have center your hair type here (curly, thick, African American, blonde, red, short). Can I no poo?

Yep! But your routine will probably be different than mine. You will have to do some trial & error to find what works for you. There are many bloggers and Facebook communities that discuss no poo. Find some people with hair like yours so you can discuss what works with them.



Frequently Asked Questions

Can I still color my hair, use relaxers, or other chemical processes with no poo?

You can color your hair & use a no poo method. There are some natural color options. A few things to consider:

- Most commercial dyes are full of chemicals. If you want to embrace no poo completely, use a natural dye.
- How you wash the dye out of your hair will depend on your hair, dye, & water type. Some people use a commercial shampoo to wash the dye out and then return to their no poo routine. Some people just use a vinegar rinse.
- Baking soda typically does not work well with chemical dyes.
- The same goes for using a chemical relaxer. You can relax your hair and use the no poo method. Typically, relaxed hair needs extra conditioning.

What do you do when you get your hair cut?

I cut my own hair. I started cutting my own hair years ago for budget reasons, not for no poo reasons. And once I saw how easy it is, I decided to keep doing it. But you can still go to a salon if you are no poo.

- Ask your stylist to rinse your hair only and not use shampoo.
- One shampoo is not going to set you back very much. You will not have to go through transition again. So if you want to get the full salon treatment, you certainly can.

Can you do no poo while pregnant?

I did! Although my methods changed.

When you are pregnant, you go through many hormonal changes & your hair definitely shows it. When I became pregnant, it was like my hair went through transition all over again. My hair changed. It took a couple months of trial & error to figure out what my hair needed. Everyone's hair will react differently while pregnant.



Frequently Asked Questions

FAQ

How do you get the vinegar smell out of your hair?

- Most people report that the vinegar smell is gone by the time their hair dries. But I have heard some complaints that the smell never goes away. Here are some things you can try if your hair smells like vinegar:
-
- Dilute your vinegar more. I do about a 50/50 mix of vinegar & water. You can go as low as a 20/80 mix.
- Try a different brand of vinegar. I like Bragg's Apple Cider Vinegar. You can also try a white vinegar.
-
- Add essential oils to your vinegar. You can add 10-15 drops of essential oils to one cup of vinegar / water mix.
- You can add 10-15 drops of essential oils to one cup of water in a spray bottle. You can spray your hair with this mix after you rinse the vinegar out. Don't rinse the essential oils out, leave them in.
- Try a different acid rinse.

What about dreadlocks?

It is possible to use the no poo method with dreads. Water only is popular. You can also wash the scalp with castile soap or baking soda & an apple cider vinegar rinse.

A deep cleanse is sometimes needed every month or two with salt water. Submerge your hair in a gallon of hot water mixed with half of a cup of sea salt.



Hair grows
fastest in the
summer.



Chapter 7

Recipes:



DIY Dry Shampoo

For All Hair Colors



INGREDIENTS

- 3/4 cup Arrowroot
- 1/4 cup Cocoa Powder
- 10 drops of Lavender Essential Oil
- 10 drops of Purification Essential Oil
- Shaker or Jar with Makeup Brush

OPTIONAL TINT

- Red Clay



DIRECTIONS

- Mix the arrowroot, cocoa powder, and essential oils.
- Adjust the color. If you need it lighter, add more arrowroot. If you need it darker, add more cocoa powder. If you need a red tint, add red clay. The above ratio works well for my brunette hair.
- Store in a shaker jar to shake on your hair. Or store in a jar and apply with a makeup brush.
- Brush through your hair. The dry shampoo will absorb oils in your hair and add volume. Use as often as desired.



Go to the full blog post here: thecrunchymoose.com/dryshampoo



Soap Nuts Wash



INGREDIENTS

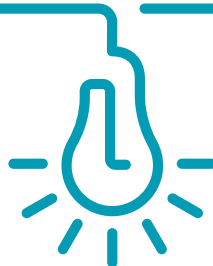
- 6 cups Filtered Water
- 7-10 Soap Nuts
- 10-15 Essential Oils of Choice
- 2 tsp Glycerin

NOTES

- Use more soap nuts for hard water.
- Different brands produce different amounts of soap. It may take a few batches to find out how many nuts you need for the desired soap strength & your water type.
- For broken nuts, estimate the equivalent of 7-10 nuts.
- You can reuse the nuts about 6 times. Lay them out to dry between batches.

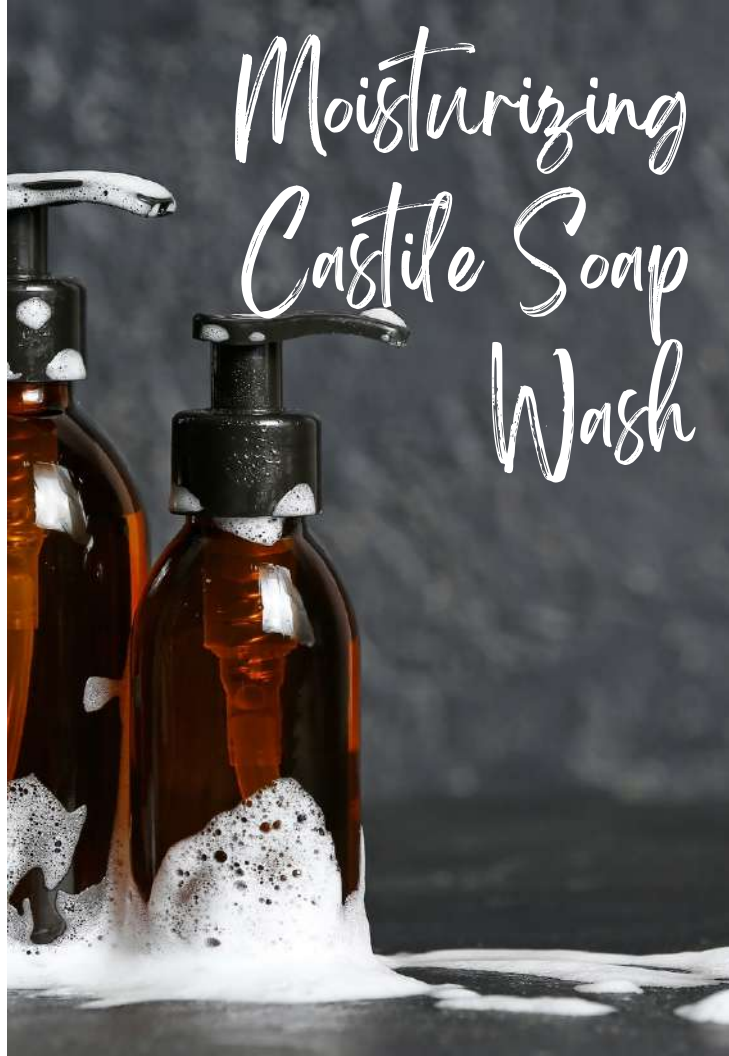
DIRECTIONS

- Bring the water and soap nuts to a boil
- Reduce heat to a simmer
- Simmer for 20 minutes
- Remove the soap nuts
- Squeeze the soap nuts to get all the suds out and into the liquid
- Pour the liquid into your storage container (I use a mason jar -- Keeps for up to 2 weeks at room temperature & up to 6 weeks in the refrigerator.).
- Once the liquid cools, add the essential oils and glycerin
- Use 2-4 tablespoons per wash
- Massage into your hair and rinse
- An acid rinse is not needed



The average person will grow 590 miles of hair in their lifetime.





Moisturizing Castile Soap Wash

INGREDIENTS

- 1/2 cup Castile Soap
- 1/2 cup Honey or Coconut Milk (or can combine the two using 1/4 cup of each)
- 10 drops essential oils of choice

NOTE

- Technically, castile soap and products with castile soap (like shampoo bars) are low poo. But it is widely used with no poo & low poo-ers and is a great option for many people.

DIRECTIONS

- Mix all ingredients together.
- Store in any container (I use a mason jar) in the refrigerator.
- Shake well before each use. Use a couple tablespoons per application. Massage into your scalp as you would regular shampoo. Rinse out.
- If you are using honey, an acid rinse is not needed. If you are using coconut milk, an acid rinse is recommended.



The scientific
term for split
ends is
"Trichoptilosis."



Volumizing Aloe & Salt Rinse

INGREDIENTS

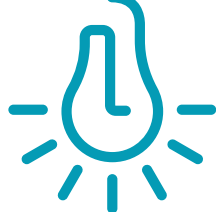
- 1 tsp Unscented Epsom Salt
- 2-4 tbsp Aloe Vera Gel (Fresh or Bottled)

NOTES

- Epsom salt adds volume while aloe vera is moisturizing. I have heard that for some that it moisturizes great, but does not clean very well. If it doesn't cleanse your hair, you can wash with another method & follow with this as a conditioning rinse.

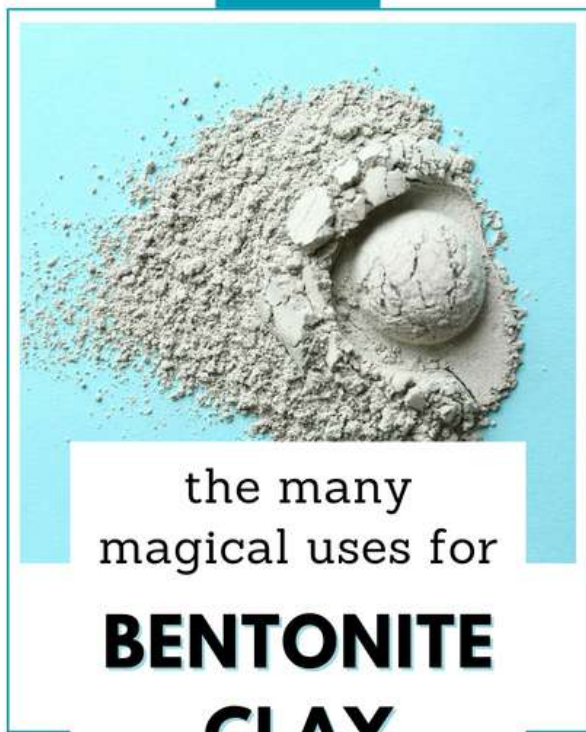
DIRECTIONS

- Mix the salt and aloe
- Add water if desired to reach your desired consistency
- Massage into scalp and hair
- Leave for 3-5 minutes
- Rinse completely



Cleopatra used aloe vera daily in her hair & skin routine.





the many
magical uses for
**BENTONITE
CLAY**

GLOWING SKIN - ORAL HEALTH
DIGESTIVE HEALTH

THECRUNCHYMOOSE.COM

INGREDIENTS

- Hair & Face Mask:
 - 1/4 cup Bentonite Clay
 - 1/4 cup Apple Cider Vinegar
 - 3 drops each of Lavender and Frankincense Essential Oils



DIRECTIONS

- Mix the bentonite clay, apple cider vinegar, and essential oils.
- Apply generously to your face, neck, and hair.
- Let sit for 20 minutes.
- It will harden and be tingly.
- Rinse off to reveal soft hair and glowing skin.
- Note: don't use a metal bowl or utensils with bentonite clay because of the naturally occurring electronic charge.

Bentonite clay comes from volcanic ash that has naturally occurring minerals and an electric charge. This electric charge attracts and draws out toxins, metals, & other impurities, resulting in an effective, gentle, & healing detox.



Go to the full blog post here: thecrunchymoose.com/bentoniteclay



Happy SCALP MASK



INGREDIENTS

- 1/2 cup Milk Kefir (store bought or homemade)
- 2 tbsp Honey
- 2 tbsp Apple Cider Vinegar
- 3-6 drops Purification or Tea Tree

NOTES

- Milk kefir is full of probiotics which may help combat candida, fungal, & yeast overgrowth. It's great for itchy, dry scalps & can also be used preventively. Yogurt can be used instead of kefir but most people have better results with kefir.
- Honey & apple cider vinegar are also good for itchy, dry scalps.

DIRECTIONS

- Mix all ingredients
- Apply on your scalp and hair
- Leave for about 20 minutes
- Rinse
- Can be used up to a couple times a month for healing or prevention



Hair can grow
anywhere except on
the palms of your
hands, the soles of
your feet, eyelids, & lips



Exfoliating & Clarifying MASK



INGREDIENTS

- 3 tbsp Natural Applesauce (Store Bought or Homemade)
- 1 tbsp Finely Ground Oats (Grind with a coffee / spice grinder or food processor)
- 1 tbsp Honey
- 2 tsp Apple Cider Vinegar
- 3- 6 drops Essential Oils of Choice

NOTES

- Applesauce removes waxy buildup
- Oats exfoliate & cleanse
- Honey & apple cider vinegar moisturize
- If you have big, dry flakes after you do this mask, it's likely buildup flaking off from exfoliation & detox

DIRECTIONS

- Combine all ingredients
- Warming is optional (low porosity hair generally responds well to heated masks)
- Massage onto your hair and scalp; be sure to massage your scalp well
- Leave for 20-60 minutes
- Rinse out; it may take several minutes to get it all out of your hair



A clump of Elvis Presley's hair sold for \$15,000 in 2009.



HOT OIL TREATMENT



INGREDIENTS

- 1-3 tbsp Oils of Choice (See Table Below)
- 3- 6 drops Essential Oils of Choice

NOTES

- Mix any oils that your hair loves. You can combine 2-3 oils. Some oils are thick & are best used when mixed with a thinner oil.
- Low porosity hair generally responds well to hot oil treatments.
- Use enough oil to coat your hair. More oil is not necessarily better & just makes it more difficult to wash out.

DIRECTIONS

- Bring a small pot of water to a boil. Remove from heat.
- Put your chosen oils & essential oils in a small bowl. Put the small bowl in the hot water to heat.
- Massage & brush into your hair & scalp.
- You can wrap your hair in a shower cap or heated towel.
- Leave for 20-60 minutes.
- Wash out with your favorite wash method. An egg wash is great for getting oil out of your hair.

Hair Type	Best Oils
Curly	<u>Apricot</u> , <u>Castor</u> , <u>Coconut</u> , <u>Olive</u>
Dry / Damaged	<u>Almond</u> , <u>Apricot</u> , <u>Avocado</u> , <u>Castor</u> , <u>Coconut</u> , <u>Hempseed</u> , <u>Olive</u> , <u>Sesame</u>
Thin or Thinning	<u>Argan</u> , <u>Avocado</u> , <u>Castor</u> , <u>Coconut</u> , <u>Flaxseed</u> , <u>Grapeseed</u> , <u>Jojoba</u> , <u>Olive</u>
Oily	<u>Apricot</u> , <u>Grapeseed</u> , <u>Jojoba</u>



DIY DEEP CONDITIONER

*Customize a
deep conditioner
for your hair needs*



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INGREDIENTS

You can customize your deep conditioner! Here are my favorite deep conditioning ingredients:

- Coconut, Argan, Jojoba, Olive Oils
- Aloe Vera Gel
- Yogurt or Kefir
- Kombucha
- Honey
- Epsom Salt
- Bentonite Clay
- Apple Cider Vinegar
- Banana
- Avocado
- Essential Oils
- Eggs
- Coconut Milk
- Organic Mayonnaise

DIRECTIONS

- Mix & match the ingredients. Have fun finding combos your hair loves!
- Leave in your hair for 15-30 minutes. Deep condition 1-4 times per month.
- If your conditioner is difficult to rinse out, use an egg rinse.
- Go to the [blog post](#) to get more tips and recipes.

- 1 tablespoon coconut oil
- 5 drops Purification Essential Oil

- 1 egg, whisked
- 1 tablespoon filtered water
- 1 tablespoon olive oil

- 1 rip banana, smashed
- 1 tablespoon coconut milk
- 1 tablespoon honey

- 1 teaspoon Epsom salt
- 2 tablespoons aloe vera gel
- 1 tablespoon filtered water

- 1/2 an avocado, smashed
- 1/4 cup organic mayonnaise
- 5 drops Lavender Essential Oil

- 1/2 cup kefir
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 5 drops Cedarwood Essential Oil



Go to the full blog post here: thecrunchymoose.com/deepconditioner



hairspray



INGREDIENTS

- 1 cup Filtered Water
- 4 tsp Pure Cane Sugar
- 1/4 cup Aloe Vera Juice (optional)
- 1 tbsp alcohol (rubbing alcohol or liquor like vodka; optional)
- 10 drops of Essential Oils of Choice

NOTES

- Adjust the amount of sugar to desired strength. More sugar = more hold (but also stickier).
- Alcohol preserves the spray but can be drying. If you have dry hair, omit the alcohol. Can also substitute with witch hazel.
- Aloe juice adds a little extra hold.

DIRECTIONS

- Bring water and sugar to a boil to dissolve the sugar
- Cool to room temperature
- Mix in the aloe vera juice (if using), alcohol (if using), and essential oils
- Store in a fine mist spray bottle

This is a flexible hold hairspray. If used too often or too much, it may cause buildup if you aren't washing your hair very often (which is the goal of many no poo-ers). I don't have a problem using this several times between washes and it brushes out of my hair the following day. I have not tested using this everyday as I don't style my hair with products daily.



THE AMAZING BENEFITS OF

Argan Oil



FOR SKIN
& HAIR

THECRUNCHYMOOSE.COM



INGREDIENTS

- For Hair & Face Serum:
 - 2 oz bottle of Argan Oil
 - 30 drops of Essential Oils. My favorite for skin & hair include:
 - Frankincense
 - Lavender
 - Gentle Baby
 - Purification
 - Valor
 - Patchouli
 - Sandalwood

DIRECTIONS

- Add your essential oils of choice to your Argan Oil bottle and mix it up.
- For your hair, put about 5-10 drops in your palm and rub through the ends of your hair. Works great as an anti-frizz serum.
- For your face, use 1-2 drops and apply like a moisturizer.
- Can be used as often as desired.



Argan Oil is nicknamed "the gold of Morocco" because of its amazing cosmetic benefits. The argan fruit grows on tress and Moroccan goats climb the trees to eat the fruit.



Go to the full blog post here: thecrunchymoose.com/arganoil





INGREDIENTS

- 1 cup Filtered Water
- 2 tbsp Flax Seeds
- 1/2 tsp Vitamin E
- 10 drops Essential Oils of Choice

NOTES

- Use this as you would any hair gel. Some find this gel too crunchy but like the hold from the flax seeds. You can add 1/2–1 tbsp of aloe vera gel. The aloe will soften the gel but still leave the strong hold from the flax seeds.

DIRECTIONS

- Bring the flax seeds and water to a boil
- Reduce heat to medium-low to simmer
- Stir constantly until a gel forms (about 3–5 minutes); the seeds will be suspended in the gel instead of sinking to the bottom
- Remove from heat and strain through a fine mesh strainer to remove the flax seeds (strain immediately, don't let it sit for long)
- Add the vitamin E (this is a preservative) and essential oils
- Store in a squeeze bottle



If a man never shaved his beard, it would grow to over 30' long.





INGREDIENTS

- 1/2 tsp Gelatin
- 1/2 cup Filtered Water
- 10 drops Essential Oils of Choice

NOTES

- Adjust the amount of gelatin used for your desired hold. More gelatin = stronger hold.
- Because this needs to be stored in the fridge, it's not good while traveling.
- It only keeps for a couple weeks, so small batches are best.
- This is a very flexible hold gel (for a stiffer gel, use the flax seed gel or beeswax pomade).

DIRECTIONS

- Bring the water to a slow boil and remove from heat
- Add the gelatin
- Stir to dissolve
- Put in the fridge to gel (about 4 hours)
- Add your choice of essential oils
- Store in a squeeze bottle or small jar in the fridge



Hair contains
traces of 14
elements,
including gold.



Beeswax POMADE



INGREDIENTS

- 2 tbsp Beeswax
- 3 tbsp Shea Butter
- 2 tbsp Jojoba Oil
- 2 tsp Arrowroot (optional)
- 10 drops Essential Oils of Choice

NOTES

- The arrowroot is optional. It helps reduce the “greasiness” of the pomade. It’s a personal preference if you use it.
- You can adjust the amount of beeswax to get the consistency you want (more beeswax = harder pomade).

DIRECTIONS

- Melt the beeswax and shea butter on low heat until melted
- Remove from heat
- Add the jojoba oil
- Allow to slightly cool
- Stir in the arrowroot (if using) and essential oils
- Store in a tin
- Use as needed



Scientists
discovered that
people with a higher
IQ have more zinc &
copper in their hair.





INGREDIENTS

- 1 cup Hot Filtered Water
- 1 tsp Fine Sea Salt
- 2 tsp Unscented Epsom Salt
- 2 tsp Aloe Vera Gel
- 10 drops Essential Oils of Choice

NOTES

- Epsom salt is less drying than sea salt. You can omit the sea salt & just use Epsom salt if desired.
- Adjust the amount of salt used to desired texture level (more salt = more texture).
- If you have dry hair, you can add 1/2-1 tsp carrier oil of choice to moisturize but this can weigh down thin hair.

DIRECTIONS

- Mix ingredients in a fine mist spray bottle and shake well to mix. The water needs to be hot enough to dissolve the salt, but not boiling.
- Spray on your hair as desired.



The longest hair ever documented was 18' 5" and belonged to a Chinese woman.





Marshmallow Root DETANGLER

INGREDIENTS

- 1.5 cups Filtered Water
- 1/4 cup Marshmallow Root
- 1 tbsp Apple Cider Vinegar
- 1/2 tbsp Carrier Oil of Choice like Fractionated Coconut Oil
- 10 drops Essential Oils of Choice

NOTES

- Marshmallow root contains mucilaginous compounds that naturally soften hair, promote hair growth, adds shines, and soothes dry scalp.

DIRECTIONS

- Combine water & marshmallow root in a pot & heat on medium-low for about 20 minutes until it gels (the longer it simmers, the thicker it will be; you can adjust to your preference).
- Strain in a mesh strainer. Discard the marshmallow root & allow the liquid to cool to room temperature.
- Pour liquid in a fine mist spray bottle.
- Add the apple cider vinegar, carrier oil, & essential oils.
- Spray on hair as needed and brush / comb through. This keeps for about 2 months at room temperature.



Blondes have the most amount of hair strands at about 150,000. Red heads have the least amount of strands at about 90,000.



Aloe Vera DETANGLER



INGREDIENTS

- 1 cup Filtered Water
- 1 tsp Aloe Vera Juice
- 1/2 tsp Glycerin
- 10 drops Essential Oils of Choice

DIRECTIONS

- Mix all ingredients in a fine mist spray bottle.
- Spray on as needed and comb / brush through hair.



The tallest mohawk
ever measured was 4'
tall, took 15 yrs to grow,
& took 3 cans of
hairspray & a jar of gel
to style.



Overnight Oats



INGREDIENTS

- 1/2 cup Old Fashioned Rolled Oats
- 1/2 cup Milk (Dairy or Dairy-Free)
- 1/4 cup Yogurt (Dairy or Dairy-Free)
- 1 tbsp Chia Seeds
- 1 tbsp Maple Syrup, Honey, or Sweetener of Choice (if using flavored yogurt, you can skip a sweetener)
- Flavorings: Nuts, Fruit (fresh, dried, or frozen), Granola, Nut Butter, Cocoa Powder, Coconut, Chocolate Chips, Vanilla, Lemon Juice, Cinnamon, Fruit Puree or Jelly, Etc.

I can tell a difference in my hair if I eat this a few times a week!
Chia seeds for the win!

DIRECTIONS

- Mix the oats, milk, yogurt, chia seeds, & sweetener in a jar
- Let sit 2-10 hours in the fridge
- Add your desired flavorings and add-ins. My favorite combos include:
 - 1/2 chopped banana and a spoonful of nut butter
 - a handful of frozen cherries or a spoonful of cherry preserves
 - a few chopped strawberries and a handful of chocolate chips
 - a splash of vanilla and a handful of granola

Why your hair loves overnight oats:

- Oats have fiber, zinc, iron, & omega-6 fatty acids that promotes hair growth.
- Milk & yogurt have protein, vitamins, & minerals (will vary depending on the kind of milk used) that promote strong hair & hair growth. The best milks for hair are cow, coconut, soy, & oat milks.
- Chia seeds are the star of this show! They have zinc, copper, phosphorous, & keratin, and other amino acids, minerals, & proteins that promote shiny hair & hair growth.



YOUR GUIDE TO KOMBUCHA

WHAT IS IT?
HOW TO SAY IT?
HOW TO MAKE IT?



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INGREDIENTS

- Kombucha Scoby & Starter Liquid from Kombucha or a Kombucha Starter Kit
- Black Tea
- Organic Pure Cane Sugar
- Filtered Water
- Juice to Flavor Your Kombucha

SUPPLIES

- Gallon Jar
- Strainer
- Jars or Bottles

Kombucha can be used as an acid wash or conditioning rinse. It has probiotics that are great for a healthy scalp.

DIRECTIONS

- In a large pot, boil 1 gallon of filtered water with 1 cup of pure cane sugar & 5 tea bags.
- After the sugar has dissolved, remove from heat. Allow to completely cool to room temperature. Hot water will damage your scoby. Remove the tea bags.
- In a gallon jar, add the scoby, starter liquid (enough to cover the scoby), & cooled tea.
- Cover with a dish towel & secure with a rubber band.
- This is the 1st fermentation stage. Store out of direct light. Let ferment for 3-14 days.
- Remove the scoby & put it a glass bowl with 1/4 gallon of starter liquid (the unflavored kombucha you just made). Go back to step 1, make sweet tea, & start a new batch of kombucha.
- Time to decide if you want flavored or unflavored kombucha.
 - UNFLAVORED: Strain the remaining 3/4 gallon of kombucha. Pour into bottles. Store in the fridge.
 - FLAVORED: Time for the 2nd fermentation. Add 1/4 gallon juice to 3/4 gallon of kombucha from the 1st fermentation. Cover with a towel & secure with a rubber band. Let ferment for 3-7 days. Strain. Pour into bottles. Store in the fridge.



Go to the full blog post here: thecrunchymoose.com/kombucha



HOW TO MAKE KEFIR



THECRUNCHYMOOSE.COM



INGREDIENTS

- Milk Kefir Grains
- Milk

SUPPLIES

- Glass Jar with a Plastic Lid
- Nylon Strainer

Kefir can be used as an acid wash or conditioning rinse. It has probiotics that are great for a healthy scalp.

DIRECTIONS

- Put your grains in a quart glass mason jar with a plastic lid. Experiment with how much grains you use (warmer conditions = faster fermentation; more grains = faster fermentation). I use about teaspoon of grains to to a quart of milk.
- Add milk. You can use any milk you want. I use raw dairy milk. If you use dairy free / nut milks, the result will be a thinner consistency and it will separate quickly -- just stir it up and you're good to go.
- Put the plastic lid on your jar. Set the jar on your counter and leave it there for 12-36 hours. The longer it ferments, the more yeasty it will taste.
- Strain your kefir. Don't use a metal strainer -- I like nylon strainers. The grains will be clumped together. Remove them
- Repeat from step 2 using a clean jar.



Go to the full blog post here: thecrunchymoose.com/kefir



Also
check
out:

THE BEAUTY REMIX

Glow up with DIY recipes for your face, hair, & body!

Dry Shampoo - Toothpaste
Deodorant - Nail Serum
Facial Toner - Pore Strips
Body Butter - Sugar Scrubs
& more!

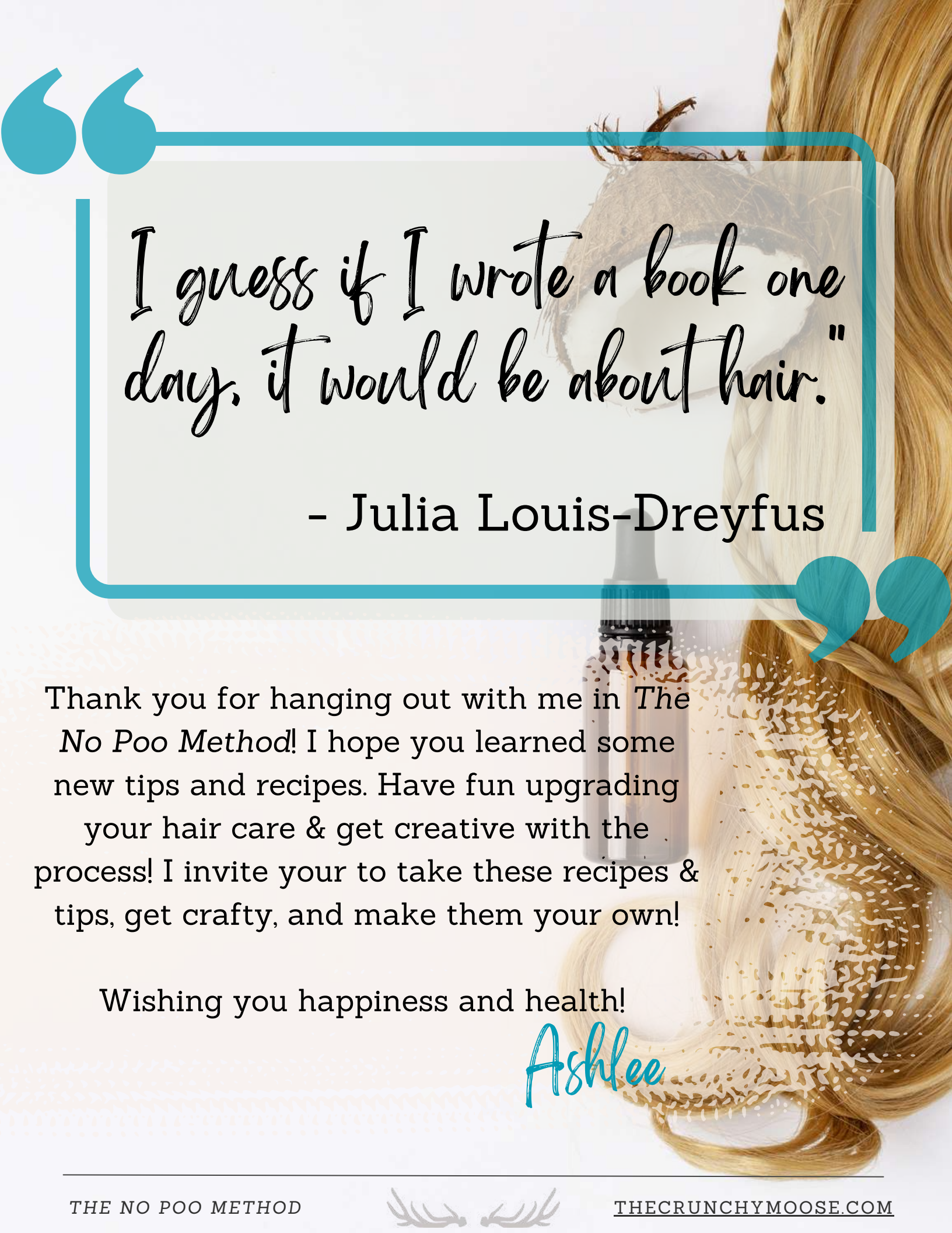
Ashlee Mayer
thecrunchymoose.com

The Beauty Remix

free diy beauty
recipe book!



thecrunchymoose.com/gettheremix



I guess if I wrote a book one day, it would be about hair."

- Julia Louis-Dreyfus

Thank you for hanging out with me in *The No Poo Method*! I hope you learned some new tips and recipes. Have fun upgrading your hair care & get creative with the process! I invite you to take these recipes & tips, get crafty, and make them your own!

Wishing you happiness and health!

Ashlee



The **NO POO** Method

20 DIY recipes!

Your Guide to Natural Hair Care

I went 4 years without shampoo & then went viral.

Stick with me to learn how I did it. I'll share everything from the dirty & greasy details (the transition phase is a beast!) all the way to the other side with the best hair days of my life!

"No Poo" simply means washing your hair without shampoo.

Yes, I still wash my hair and no, my hair doesn't stink :-)

Natural, nourishing, healthy ingredients are what make natural, nourished, healthy hair. The idea that your hair needs chemicals to be healthy is crazy! And frankly, the commercial shampoo marketers are genius to convince us of that.

You'll find everything you need to transition to no poo in this book! Have fun experimenting!

