



# Homemade Shampoos: A Complete Guide For Beginners (Homemade Body Care Book 1)

*Kathy Aquino*

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Homemade shampoos offer a great alternative to commercial, store-bought shampoos. Here are a few reasons why:

- They do a great job leaving your hair healthy and clean
- They contain only natural ingredients, and no mysterious chemicals that could harm your body
- They are better for your hair, since they don't strip your scalp of oils
- They can be made with your favorite essential oils for custom fragrances
- They are lot cheaper than store-bought shampoos

With this book, you will learn everything you need to know to get started with homemade shampoos today. Here are just a few of the things this book will teach you:

- How to make homemade shampoos for different types of hair
- How to make homemade conditioners to complement the shampoos
- How to wash hair that's been color treated with homemade shampoos
- Why the pH of a shampoo is important for your hair, and which ingredients affect this
- How to make shampoos that lather up like store-bought shampoos, without dangerous chemicals

This book contains recipes for homemade shampoos as well as for homemade conditioners. Here are some of the recipes you can prepare today:

- Coconut milk and castile soap shampoo
- Honey shampoo
- Soap nuts shampoo
- Natural dry hair shampoo
- Herb and witch hazel shampoo
- pH-balanced natural shampoo
- Apple cider vinegar conditioner
- Avocado and coconut milk conditioner

If you want an alternative to expensive and possibly toxic commercial shampoos, then this book is for you.

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#### **Jane Cuellar:**

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#### **Robert Poulin:**

A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book you read you can spent the entire day to reading a publication. The book Homemade Shampoos: A Complete Guide For Beginners (Homemade Body Care Book 1) it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. If you did not have enough space to develop this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not too costly but this book provides high quality.

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