

OLIVE OIL & HONEY HAIR MASK

The olive oil and honey mask is a great treatment for color-treated hair. Olive oil is full of vitamin E, which is a great moisturizer. Honey is a humectant, which means it literally attracts and retains moisture. It's the perfect ingredient for restoring moisture into hair that's been dried out by color treatments.

Ingredients:

1/4 cup Extra Virgin Olive Oil

1/2 cup honey

Warm the mixture in the microwave or in the heat safe bowl submerged in water. Once warm enough to touch without getting burnt, apply it to clean, damp hair. Take time to massage the mixture into your scalp, and work it through to the ends. Cover your head with a cap and leave it on for 30 minutes. Rinse thoroughly.



HEALTHY HAIR INITIATIVE



AVOCADO & PEPPERMINT HAIR MASK

The avocado, honey, and olive oil lock moisture into your hair, while the peppermint tea invigorates the scalp, leaving you with luscious, moisturized locks and a fresh, clean feeling.

Ingredients:

- 1 avocado
- 1 tbsp honey
- 1 tbsp olive oil
- 1 tbsp loose peppermint tea

Mash up your avocado, add in the honey, olive oil, and tea, and mix well. Massage into your hair, concentrating on your ends, and let sit for about 30 minutes. Wash and condition your hair as usual.



HEALTHY HAIR INITIATIVE

