

10 Minute Home Remedies To Revitalize Your Hair Scalp & Body

Recipes to indulge your skin, scalp and hair
by Mia Wadsworth www.dryitchscalpremedies.com

*(Note: For treating skin/scalp conditions these recipes are offered to **soothe and relieve Symptoms only**. These are a small sample of the remedies section in "Beautiful Hair & Healthy Scalp Secrets & Remedies". In order to achieve a permanent solution, remedies can effectively be used in conjunction with understanding the cause and taking few simple steps necessary to treat the cause of the problem the scalp condition does not return).*

These remedies are to be used at your own discretion and risk. They are not intended to replace a Doctors advice. Mia Wadsworth and dryitchscalpremedies.com recommend you patch test oils prior to use as a precaution.

You can find a comprehensive resource for natural beauty products and online essential oil stockists at www.natural-beauty-directory.com

NATURAL OILS TO ASSIST HEALING, DETOX AND STIMULATE HAIR GROWTH: (Add to water (4 parts water 1 part oil) and spray onto scalp and you can add to your shampoo and conditioners also).

Oils To Relieve Itching: Lavender, German Chamomile and Eucalyptus Oils (Mixed together and dabbed locally on effected areas has a soothing effect). I personally recommend BE Vital by Balanced Essentials above.

Neem oil is also a very good dandruff preventative which can be added to any of the formulas detailed below and is excellent for psoriasis and eczema...I highly recommend Naturally Ngaromas' pet soap (yes it is great for humans too and gentle enough to use as a shampoo as well as the body with it's high content of Neem oil)

LUXURIOUS APRICOT AND AVOCADO MASK FOR RADIANT SKIN!

Add to a blender enough apricots and a little water to make up one cup. Add to the mixture half an avocado and one tablespoon of olive oil to a puree.

Apply this mask in a thin uniform layer all over your face, neck and throat and leave on for 45 minutes. Rinse off with water.

Mix together one tablespoon of heavy cream and the juice of half a lemon. Blend well and massage in thoroughly to the areas where you applied the apricot/avocado mixture. Allow to dry and leave on overnight.

Use the apricot/avocado mixture two or three times per week and the cream/lemon juice every night for about a month.

This will rejuvenate your skin and make it glow.

CLEOPATRA'S LEMON CUCUMBER WRINKLE REMOVER

Chop up 2 cucumbers and mix them in a blender with about 3 Tablespoons of whipped cream till it reaches a creamy texture. Now add 2 Tablespoons of cornstarch (corn flour). Leave the mixture in the refrigerator for approx 30 mins.

Now clean your face and rub half a lemon or lime over it. Do not wipe the citrus off, and then apply the cucumber mixture to your skin. Leave this mask on for about 75 mins before removing so your face is thoroughly clean again. Now massage in another tablespoon of cream (unwhipped) and let dry (without applying anything else to your face or you will lose the benefit of the treatment).

AVOCADO OIL

Avocado oil has been used for centuries by indigenous South Americans for years to apply to their skin. Smooths protects and soothes irritations too.

MOISTURIZING BODY TREATMENT

Before taking a bath mix together ½ cup finely ground almonds, 1 cup oatmeal/porridge and 1 mashed avocado. Mix together and rub onto the body and leave for 5 minutes before rinsing off prior to a bath or shower.

SUPER FRUIT ACID BODY SCRUB

This recipe is fantastic for dissolving away old skin cells renewing your skin! Mix together using a blender 1 guava, 1 kiwifruit, a handful of Dead Sea Salts (or Epsom salt if you don't have dead sea salt) and 2 Tablespoons honey. Apply to your skin in circular motions before rinsing off.

COCOA BUTTER

Cocoa/cacao butter is excellent to use as a skin softener for wrinkles. Apply to your skin in gentle massaging movements.

COCOA MASK FOR ROUGH DRY SKIN

Add to 2 cups of cocoa powder enough olive oil and a few drops of milk or cream to make a smooth paste. Apply as a mask to your skin and leave for a half hour then washes off. The linoleic acid in the mix mimics the linoleic acid in baby's skin.

EGG SURGERY-LESS FACE TIGHTENER

Mix two egg yolks and ½ cup olive oil well and then brush onto your face. Leave on for 10 mins. Next brush onto your skin over the previous application of egg yolk mixture the stiffly beaten whites of the eggs. Leave on for another 20 mins. The albumin in the eggs has a tightening effect on the skin - a secret not often told or known!

PAPAYA BANANA AVOCADO MASK

The papain in papaya fruit is used in many cosmetics nowadays. So why not make it fresh for a special indulgent treat for your skin! Just blend together banana, papaya and avocado together and brush onto your face after cleansing. Leave on for half an hour, wash off and then rub in sunflower or olive oil lightly to your skin!

(Note: The papain in papayas is also good for dissolving “dead tissue” so is excellent for clearing up wounds and sores also.

JUNIPER BERRY GOOD ANTI-INFLAMMATORY

Crush ½ cup of juniper berries into 2 cups of boiled water. Allow to cool and apply to areas of inflamed, infected or irritated skin to relieve inflammation and throbbing. Apply to your scalp, leave for 10 mins and rinse off.

LEMON/LIME WRINKLE AND BLOTCH ZAPPER

Squeeze the juice of 3-4 lemons and 1 lime into a few Tablespoons of hot water. Apply to your skin a few days a week to lighten blotches and smooth wrinkles over time. You can use orange juice as well if you choose.

ASPARAGUS BLACKHEAD AND BLEMISH REMEDY

Tie together 2 bunches of a dozen asparagus spears all with the spears at the top. Simmer the asparagus in pre-heated boiling water up to just under the tips for about ½ an hour. Keep the liquid in the refrigerator and apply with a cotton ball daily morning and night.

BEST HAND LOTION EVER

Soak ¼ cup flax seeds in warm water overnight. Strain and remove gel and seeds leaving the liquid only. Now add a 1 ¾ cups cider vinegar plus 5 Tablespoons glycerine (from a drugstore). Heat the mixture until it reaches boiling point then remove from heat immediately. Beat the mixture to blend it so it does not separate for a minute or two. Place in a container and use as a hand cream that will make your skin feel like silk!

HEADACHE RELIEVER

Take one teaspoon of basil and add to one cup of hot water and steep for 10 minutes. Strain and add 2 Tablespoons of witch Hazel (available from drug or supermarket pharmacy section).

Apply to your temples and forehead for relief from headaches.

CUCUMBER CHAPSTICK

Rub the skin of a cucumber across your lips to protect your lips!! Beeswax also makes for an excellent natural lip balm.

RICH LUXURIANT HAIR TREATMENT FOR OVERPROCESSED HAIR

Mix 1 egg, 2 Tablespoons cream, 2 Tablespoons butter, 2 Tablespoons water, ¼ grapefruit and 2 Tablespoons cream cheese together and then apply to hair. Leave in for 5 to 10 mins and then wash out. Let hair dry naturally if possible.

CURLY HAIR TREATMENT

Mix ½ cup olive oil, 10 drops of lavender oil together and warm to make a hot oil treatment. Apply to hair and wrap in a towel for 20 mins. Shampoo as usual and if possible air dry to prevent frizz.

GREASY THIN STRAIGHT HAIR TONIC

Make a large jug of peppermint tea with a couple of teabags and add about 10 drops of teatree oil. Rinse your hair with this mixture after washing in the shower.

HAIR MASK FOR COARSE WAVY THICK HAIR

Blend ½ ripe banana, ½ cup avocado, 1 heaped teaspoon plain yoghurt and 1 Tablespoon of olive oil in a blender and apply to the bottom 2/3 rds of your hair particularly the ends and avoiding the roots. Wrap your hair in a towel for 20 mins and then wash out.

CHAPARRAL DANDRUFF CURE

Boil 3 cups of either wine or whiskey to a boil (in a stainless steel, Silverstone or enamel - not aluminum pan) and add 1/3 cup dried chaparral (which you can

buy from health stores). Simmer on low heat for 20 minutes and then steep for about 9 hours.

Massage into your scalp after washing your hair and leave to dry without rinsing.

(Note: Pouring a can of beer over your head is also helpful in treating dandruff...the hops which beer is made of has been used for centuries for medicinal purposes).

BAY LAUREL LEAF ANTI-DANDRUFF TINCTURE

Boil two cups of water then remove from heat. Add 1 ½ tablespoons of bay leaves crushed. Allow to steep for about ½ and hour then strain.

After washing hair, massage mixture into scalp and leave for about an hour before rinsing off.

PSORIASIS ECZEMA AND ACNE REMEDY

Birch is another gift from nature that native Americans used to clear up skin irritations and can be used effectively for modern problems such as [psoriasis](#), [eczema](#) etc. Boil the bark of birch trees in water. Strain the mixture and after cooling, then apply to help clear up problems.

PSORIASIS AVOCHAMO TREATMENT

Put ½ cup of [chamomile](#) tea in a blender and while the blender is on slowly drizzle in 3 tablespoons of avocado oil. Blend until smooth to your [psoriasis](#) scales with a cotton ball.

BURDOCK ROOT TEA FOR ECZEMA, PSORIASIS AND SORES

Burdock root tea is excellent to aid in blood purification and detoxification. For this reason it is excellent to help clear up [psoriasis](#) and [eczema](#) and sores from the inside out.

Bring one quart (1 l) of water to the boil. Add 4 tsp dried burdock root. Cover and simmer for 10 mins. Cool and drink preferably a couple of cups of this tea a day on an empty stomach.

CHAMOMILE FOR INFLAMMATION AND CONDITIONING (Scalp Remedy)

Chamomile is a flower that is renowned for its cosmetic and conditioning benefits to skin and hair! It makes a great conditioner for hair and also enhances color in blond and red hair. Wash your face with [chamomile](#) tea a few times a week to add a glow to your skin.

Chamomile is also good to use as a compress for inflammation and chamomile oil dabbed on scalp sores is very soothing. Apply to the scalp to soothe [itching](#). Chamomile tea is readily available from the tea section of your supermarket or you can make your own with the recipe below:

Boil a pint of water and add 2 teaspoons of [chamomile](#) flowers.

NATURAL CHEMICAL FREE “NOT GRECIAN 2000” HAIR DYE

In a ceramic mixing bowl put 2 heaped Tablespoons of dried sage and the same amount again of either orange pekoe or black tea. Next fill the bowl half full with boiling water and place (covered) in a warm (not hot) oven or on the stove so that the liquid reduces to between ½ and 2/3 rds of the original amount.

Strain liquid and add 3 Tablespoons of gin or vodka as a preservative and dab on to gray areas. You will notice if you do this daily, that your hair will become darker in color again.

TAPIOCA SORE BREAST SOAK

Cook some tapioca in milk to a creamy consistency. Next cool and apply to a soft cloth, muslin or something similar, then place on breasts to ease the discomfort in sore breasts or nipples.

(Note yarrow tea and [chamomile](#) tea are also good for this - pour some warm tea onto a kitchen towel and place on breasts).

SLIPPERY ELM AND ECZEMA

Add 1 Tablespoon olive oil, + 5 heaped Tablespoons of Slippery Elm bark and 5 Tablespoons of Chaparral to enough water to make a paste when slowly heated over the stove. Apply to effected areas and leave on for around half an hour then wash off.

OATMEAL/PORRIDGE MASK FOR BLACKHEADS, AND FOR ITCHY SKIN FROM ECZEMA OR PSORIASIS OR CHICKEN POX!!!

Bring 6 cups cold water to the boil and then add slowly 10 ½ Tablespoons rolled oats and simmer for half an hour taking care not to burn the mixture.

Let cool and then add 6 Tablespoons to 1 Tablespoon honey and one stiffly beaten egg white. Apply to face or to affected area. Leave on skin or scalp for half an hour and then rinse off.

SCALP REMEDY****The strained water from oatmeal mixed with rosemary oil or the water from boiled rosemary stalks (leaves on) is fantastic for a sore scalp when dabbed on and left for 10 minutes then rinsed off.

INSTANT OATMEAL ITCH RELIEF

Sprinkle 1 cup of uncooked oatmeal into a large bowl of warm water. Stir well until the water is milky. Apply the liquid (can strain first if you don't want the oats on your skin) to effected areas or for all over body relief, add a packet of oatmeal to your bath water!! Relieves [eczema](#), chickenpox and other [itchy](#) skin conditions fast!!

(Note: you can also use rice bran as an alternative which is also great for smooth skin).

GREEN BEAN FLOWER SUNBURN AND FRECKLE FADER

This remedy is great for soothing sun burn and for fading freckles out!

Bring 1 $\frac{3}{4}$ cups water to the boil, take off the heat and then add about a cup of fresh bean flowers to the water. Cover and steep for an hour leaving flowers in. Then wash face with this mixture or better still soak a face cloth in the liquid and leave on the face while lying down for about half an hour!

HORSERADISH DE-FRECKLER

Grate some fresh horseradish root into a cup of water. Leave for 10 days until it turns into "vinegar". Strain and then dab onto freckles to lighten them gradually.

HORSERADISH VINEGAR ECZEMA RELIEF

Add $\frac{1}{2}$ cup horseradish vinegar (recipe above) to $\frac{1}{2}$ cup of milk or better still, buttermilk. Apply to [eczema](#) for [itchy](#) scalp remedies itch relief. You can also add a couple of Tablespoons of freshly grated horseradish root to $\frac{1}{2}$ cup buttermilk and let soak for 10 mins before applying for a quick remedy!

SWEET ALMOND OIL SKIN LIGHTENER AND RASH TREATMENT

Sweet almond oil is an emollient for chapped hands, diaper rash, herpes sores, shingles, psoriasis and lupus erythemato-sus. Mix the juice of 1 lemon with 4 Tablespoons sweet almond oil. Rub into effected areas thoroughly.

HONEY WRINKLE REMOVER

Use honey as a mask a few times a week after cleansing. Honey is a natural humectant which holds water. You can also add dairy cream, whipped egg white, fresh lemon or lime juice, apple cider vinegar or any fruit or carrot juice to the "mask" for an extra boost!

PINENUT BEAUTY MASK

Pine nuts are rich in amino acids and so make a great moisturizing mask. All you need to do is grind up about ½ cup pine nuts in a blender to a smooth paste and apply to your face after cleansing for about 15 minutes. If you do this daily you will notice your skin feels much softer after a week!

RINGWORM OR WART BUSTER USING WALNUTS

Skin blemishes, ringworm and even warts will disappear! Crush about 10 unripe walnuts and soak them in 4 cups water then boil for 15 minutes. Allow to cool and then apply liquid to effected areas. It may tingle a little which is quite normal as is slight staining of the areas (which is why walnuts make a great hair dye).

OTHER TREATMENTS FOR ECZEMA, RASHES AND ITCHY SKIN

Make a weak infusion of golden seal root and use externally as a wash or compress for itchy skin.

Expressed chickweed juice will soothe sores and itchy patches from eczema or psoriasis and will tone and invigorate the skin.

Crushed/blended flax seed applied to shingles or psoriasis does wonders!

QUICK SHOPPING LIST FOR YOUR HOME SKINCARE REGIME

Blend aloe vera gel out of your garden with vegetable oil like olive or jojoba oil or milk cream or yoghurt for a simple cleanser. Milk products have excellent cell rejuvenation properties as do melons especially papaya when applied as a mask to your skin.

Oatmeal mixed with a little water or brown sugar can be used for exfoliation.

Non alcohol based flower waters make great toners as does a splash of grapefruit juice in a cup of water.

Aloe is a great conditioner as is pure virgin coconut oil, also good for itching.

You can read more about the uses of natural remedies at www.dryitchyscalpremedies.com

You can also find many natural skin and body care resources at www.natural-beauty-directory.com

Enjoy mixing and using these remedies!

| *Mia Wadsworth*

