

Homemade Hair Products

Below is a list of do-it-yourself products shared by patients of Dr. Donovan over the years and further modified by Dr. Donovan. The lists below also contain formulas taken from the article by Xiong and Warshaw titled “Hair Care Product Hacks: Do It Yourself Alternatives” (published in *Dermatitis*. 2022). Use of these is at one’s own risk. One should check with their doctor, or hair specialist or hair stylist before use.

Do it Yourself (DIY) Shampoos

Shampoo, Option 1 (Dr. Donovan and His Patients)

Many patients of mine have used and discussed these variations over the years. Patients should note that the chances of irritation and even allergy do increase with use of more ingredients.

Ingredients:

- 1/2 cup of peppermint or chamomile tea, brewed strong and completely cooled
- 1/2 cup of castile soap (scent-free) – such as Dr Bronner’s castile soap
- Consider 10-15 drops of one or more of lavender oil, peppermint oil, thyme, tea tree oil, wild orange, bergamot, lime essential oil
- Consider ¼ cup honey
- Consider ¼ cup coconut milk
- Consider ¼ cup aloe vera gel
- Consider ½ tsp olive oil and/or jojoba oil if dealing with dry hair
- Consider arrowroot powder to thicken (starting ½ teaspoon)

Instructions

1. Combine all ingredients in a bottle.
2. Shake well to mix.
3. Shelf life 2 weeks with coconut milk; 2-4 weeks without
4. If more shine is needed, rinse after with ACV (2 parts water and 1 part ACV)

Shampoo, Option 2 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1/2 of cup water
- 1/2 cup of castile soap

Instructions:

1. Combine all ingredients in a bottle.
2. Shake well to mix.

Shampoo, Option 3 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1/4 cup of coconut milk
- 1/4 cup of liquid castile soap
- Optional: add 1/2 tsp olive oil for dry hair

Instructions:

1. Combine all ingredients in a bottle.
2. Shake well to mix.
3. Shake before each use.
4. (Note: if the hair remains oily, use apple cider vinegar as rinse).

Shampoo, Option 4 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1/4 cup of bentonite clay
- 1/2 cup of water

Instructions:

1. Combine clay and water together in a bottle.
2. Shake to combine completely.

Do it Yourself (DIY) Conditioners

Conditioner, Option 1 (from Dr. Donovan & Patients)

Ingredients:

- 3 tablespoons cocoa butter and 3 tablespoons coconut oil
- 1 tablespoon jojoba oil
- 1 teaspoon aloe vera
- 10 drops lavender essential oil
- 8 drops rosemary essential oil
- 3 drops peppermint essential oil

Instructions:

1. 3 tablespoons cocoa butter and 3 tablespoons coconut oil placed in bowl or cup and gently melted slowly over a pot of boiling water. Be careful not to burn oneself.
2. Then, the following can be added:
 - 1 tablespoon jojoba oil
 - 1 teaspoon aloe vera
 - 10 drops lavender essential oil
 - 8 drops rosemary essential oil
 - 3 drops peppermint essential oil
3. Pour into palm of the hand and massage into the scalp/hair.

Conditioner, Option 2 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients

- 1/3 cup of apple cider vinegar
- 2/3 of cup water

Instructions

1. Combine all ingredients in a bottle.
2. Shake to mix.
3. Wet the hair and then pour mixture over the scalp and the hair.
4. Massage and let soak for 5 min.
5. Rinse thoroughly.

Conditioner, Option 3 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1/2 tsp of fractionated coconut oil

Instructions:

1. Liquefy between palms.
2. Apply to damp or dry ends.

Conditioner, Option 4 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1/2 tsp of pure argan oil or jojoba oil

Instructions:

Pour into palm of the hand and massage into the scalp/hair.

DIY “Deep” Conditioners (from Dr. Donovan & Patients)

Deep Conditioner, Option 1

Ingredients

- 3 tablespoons of coconut oil
- 1 tablespoons of jojoba oil
- 3 drops of lavender or other essential oils (optional)

Instructions:

1. This is combined in a mixing bowl and beat with a hand mixer until light and fluffy.
2. Generally about 2 ½ to 3 minutes.
3. Then the mixture is massaged into damp hair and allowed to sit for 20 minutes.
4. After that the mixture is rinsed out and hair is shampooed and conditioned with regular conditioner.

Do it Yourself (DIY) Dry Shampoos

Dry Shampoo, Option 1 (For Blonde or Silver Hair – from Dr. Donovan’s Patients)

Ingredients:

- 1/2 cup of arrowroot powder (or cornstarch)
- 2 tbsp of kaolin clay (or bentonite)
- 1 tbsp of baking soda
- Option for 15 drops lavender essential oil

Instructions:

1. Pour ingredients into a blender/bowl and mix powders.
2. Pour through funnel into a spice jar with shaker top.
3. Sprinkle into roots and work in product with the fingers or brush through the hair.
4. A hair dryer can be used by some to help spread the material

Dry Shampoo, Option 2 (For Darker Colored Hair – from Dr. Donovan’s Patients)

Ingredients:

- 1/2 cup of arrowroot powder (or cornstarch)
- ¼ cup raw cacao powder (more or less cacao can be added depending on hair color)
- 2 tbsp of kaolin clay (or bentonite)
- 1 tbsp of baking soda
- Option for 15 drops lavender essential oils

Instructions:

1. Pour ingredients into a blender/bowl and mix powders.
2. Pour through funnel into a spice jar with shaker top.
3. Sprinkle into roots and work in product with the fingers or brush through the hair.
4. A hair dryer can be used by some to help spread the material

Dry Shampoo, Option 3 *from article by Xiong and Warshaw. Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022)*

Ingredients:

- 2 tbsp of kaolin clay
- 1/4 cup of arrowroot flour
- (if the hair is very dark, substitute with fine, unsweetened cocoa powder)
- 1 tbsp of baking soda

Instructions:

1. Pour ingredients into a blender/bowl and stir with a whisk to mix powders.
2. Pour through funnel into a spice jar with shaker top.
3. Sprinkle into roots and work in product with the fingers or brush through the hair.

Do it Yourself (DIY) Hair Sprays

Hair Spray, Option 1 (from Dr. Donovan's patients)

Ingredients:

- 1 ¼ cup water
- ¼ cup aloe vera gel
- 1 teaspoon apple cider vinegar or coconut oil (optional)

Instructions:

1. In a bowl, mix together aloe vera gel with water.
2. If a decision is made to use coconut oil or ACV this can be then whisked into the mixture.
3. This is all then transferred to a spray bottle.
4. It is important to shake well before using

Hair Spray, Option 2 (from Dr. Donovan's patients)

Ingredients:

- 1/2 cup water
- 1 tablespoon sugar
- 1 teaspoon jojoba oil
- 3 drops lavender (or essential oil of your choice)

Instructions:

1. Boil water and then add sugar. Heat until the sugar is fully dissolved.
2. Remove from heat and allow the water to fully cool.
3. Then add jojoba oil and 3 drops lavender (or other essential oil) to a spray bottle.
4. Shake to combine. Store in the fridge in between uses.

Hair Spray, Option 3 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1 ½ cups of filtered water
- 2 tbsp of white sugar
- 1 tbsp of high proof alcohol

Instructions:

1. Boil water and dissolve sugar in it.
2. Allow to cool to room temperature and add alcohol
3. Store in spray bottle.

Do it Yourself (DIY) Hair Gels

Hair gel, Option 1 (from Dr. Donovan and patients)

Ingredients:

- 1 cup of water
- 2 ½ tablespoons flaxseeds.
- Up to 15 drops of essential oil (lavender or rosemary)

Instructions:

1. Place the water and flax seeds into a pot and bring to a boil.
2. Reduce heat and simmer 15 minutes
3. While the mixture is simmering, line a mesh sieve with cheesecloth
4. Now pour the liquid through the cheesecloth
5. Lift up the cheesecloth to form a pouch so that the seeds are on the bottom
6. Now use a pair of tongs to squeeze the last little bit of liquid from the seeds. Don't use your fingers as this mixture is hot.
7. Store in the refrigerator for 10 days.

Hair gel, Option 2 (from Dr. Donovan and patients)

Ingredients

- 1/2 teaspoon gelatin (1/4 for less hold; 1/8 for even less hold)
- 1/2 cup very warm distilled water
- 12 drops lavender; 12 drops thyme (optional)

Instructions:

1. Dissolve gelatin into the warm water
2. Add the essential oils (if desired)
3. Store in an airtight container in refrigerator for 10 days.

Hair gel, Option 3 (from Dr. Donovan's patients)

Ingredients

- 1/4 cup aloe vera gel
- 6 drops lavender; 6 drops rosemary (optional)

Instructions:

1. Add the essential oils to the aloe vera gel
2. Place in airtight container and store at room temperature
3. Most commercially available aloe will last 2 months

Hair gel, Option 4 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1 cup of chia seeds or flaxseeds
- 4 cups of distilled water

Instructions:

1. Mix chia seeds or flaxseeds and distilled water in a pot.
2. Cover and let mixture sit overnight.
3. The next day, place pot on stove and heat for 10–15 min.
4. Stir mixture.
5. Remove from heat and strain through cheesecloth (or pantyhose or fine strainer) to filter out seeds.
6. Let cool and pour gel into bottle and store in refrigerator.

Do it Yourself (DIY) Hair Mousse

Hair mousse, Option 1 (Dr. Donovan's patients)

Ingredients:

- 1/3 cup of shea butter
- 1/4 cup of coconut oil
- 10 drop lavender

Instructions:

1. Whip the ingredients together in a glass bowl using an electric mixer until they are light and fluffy; it should be similar to a store bought mousse. It may take 8-12 minutes
2. Store the mouse in a dark resealable container; It should last 4 weeks.
3. Consider applying the mousse to slightly damp strands

Hair mousse, Option 2 (from article by Xiong and Warshaw. *Hair Care Product Hacks: Do It Yourself Alternatives. Dermatitis. 2022*)

Ingredients:

- 1/2 cup of shea butter
- 1/4 cup of coconut oil
- 1/4 cup of olive oil

Instructions:

1. In bowl of a stand mixer fitted with a whisk attachment, combine shea butter and coconut oil (can also use hand mixer and medium mixing bowl).
2. Beat on medium-high until light and fluffy, approximately 10 min.
3. With mixer on medium high, slowly pour olive oil until full incorporated.
4. Keep mixing for approximately 2 min more.
5. Store in container in a cool, dark place.