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Subject: Natural Clarifying Hair Rinse

Posted by [Eureka5](#) on Sat, 02 Jan 2016 03:20:43 GMT

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Here you go ladies (and gentlemen). If you haven't tried this before, get to it

You should deep cleanse (clarify) your hair every couple of weeks to remove hard water, oils, and product build-up.

Bring into the shower:

- 1 tbsp baking soda mixed in warm water
- 4-5 tablespoons apple cider vinegar mixed in warm water
- Large cup of Nettle, Dandelion, Chamomile tea (optional)

Work the soda water into your hair and let sit for a minute before rinsing. Do the same with the vinegar water, and then the tea. This will leave your hair feeling a bit dry, but the tea helps restore moisture. You will smell a bit like vinegar, so do this on a weekend and shampoo and condition as normal next time. Enjoy your bouncy, shiny hair!

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