

# ANTI-ITCH DAILY MOISTURE MIST RECIPE

When I first began my natural hair journey years ago (it's been over twenty years now, wow!) I quickly realized I was going to need more than the beauty products that were on the shelves to keep my hair healthy and growing thick and strong. So many of the products that were available left behind residues, dried out my hair or caused unsightly product build-up, creating more problems rather than providing me with any real benefits.



After experiencing product letdown time and time again, I became motivated to start looking for my own solutions. What I wanted was a hair oil that I could use to moisturize my hair and scalp on a daily basis but that wouldn't leave my locs feeling greasy or leave product build up residue. Plus, I wanted something that was easy to use and gentle enough to not trigger sensitivity outbreaks. Most of all, I really wanted it to be all-natural with simple ingredients I could understand (and pronounce).

With a clear vision for what I wanted from a hair oil, I started researching. I read all about essential oils online and began to follow leading health and hair advocates. I started to amass a collection of natural remedies and essential oil therapy books that I still reference to this day. I watched YouTube videos and tons of health research documentaries. I talked to hairstylists and other Naturalistas that I knew.

I ended up with a thick notebook full of information that had to be sorted out and organized. Finally, I had some basic ideas of what I needed to do. I made a test formula. Then I made another and another. Batch after batch I refined my recipe. When I found something that worked consistently on my hair and scalp, I gave it to friends and family members to test and then tweaked my recipe based on the feedback they gave me combined with my own experiences.

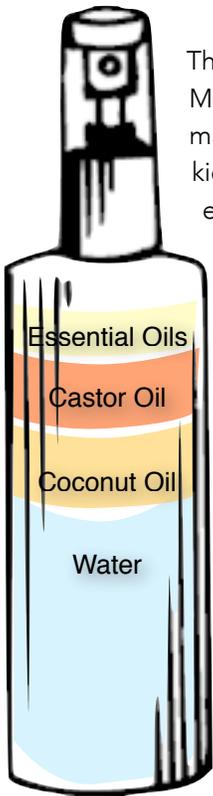
It took a bit of time, but finally I perfected the recipe. Since then, I have whipped up batches of my hair oil for others and gotten rave reviews from everyone who has tried it. Even my aunt who has terrible eczema loves the hair oil, as it helped to soothe her dry skin and helped her see results for the first time in years. I'm proud of the recipe and so grateful to now have a chance to share it with my subscribers.

Called the "Anti-Itch Daily Moisture Mist," this recipe is surprisingly quick and simple to make. But don't let its simplicity fool you! You can really use it on all types of natural hairstyles as a daily moisturizer, frizz fighter and styling aid. I hope you'll love it as much as I do and that it gives you a useful alternative to overpriced products sold in stores. Enjoy!

*-K. Hill*

# ANTI-ITCH DAILY MOISTURE MIST RECIPE

A Simple Recipe You Can Make At Home



The Anti-Itch Daily Moisture Mist is really simple to make on your own, with kids, or friends & family, either for personal use or given as a gift.

## Ingredients

### Moisture Mist Recipe

- Organic Tea Tree Essential Oil (15-20 drops)
- Organic Peppermint Essential Oil (10 drops)
- Organic Rosemary Essential Oil (10 drops)
- Jamaican Castor Oil

(1/5 Bottle Full)

- All Natural Coconut Oil in Liquid Form (1/5 Bottle Full)
- Distilled Water (3/5 Bottle Full)

### You Will Also Need:

- 1 Spritzer Bottle (available at your local beauty supply store)

## Instructions

### Daily Moisture Mist

Try this easy and effective moisture recipe that will naturally improve the health of your hair and give it a beautiful sheen. This recipe is so simple, I'm reluctant to call it a full-fledged "recipe," but it works really well so I wanted to share it with you. Please note that it will leave hair a little oily so be aware of your surroundings (and where you lay your head) for at least a few hours after application. I usually spritz it on my hair in the mornings before styling and starting my day, then I don't have to worry about it.

**Step 1:** Combine all ingredients and whisk/blend well. I use a liquid, all natural, coconut oil as personal preference. You will have to heat the coconut oil slightly to get it in liquid form if you buy the solid kind but if you buy it in liquid form it will save you this extra step every time you make a batch.

As with all natural products, read the labels to make sure you're getting a product with no additional ingredients or fillers. Generally speaking, if the essential oil or natural oil is cheap, it is not pure (and not as effective) so again, be sure to read the labels so that you know what you're getting.

**Step 2:** Shake well before each use. Spritz on your hair daily and gently massage into your tresses. If you have locs, work your hands down the length of your locs in the morning before styling and this will help distribute the Moisture Mist throughout your hair. If you have loose natural hair, spritz before bedtime and wrap your hair with a silk scarf.

Best wishes on your hair journey! For more great tips & tools to make your loc'd & loose natural hair journey a breeze, visit: [www.loccessories.com](http://www.loccessories.com)