



Natural Hair, Skin, Bath & Body Products

Handcrafted with ♥ & Soul!

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CUSTOMISED HAIR PRODUCTS

Ingredients List

There are many Natural Ingredients which you can choose for your own Personalised Natural Hair Products such as:

- Shampoos
- Hair Oils – these can be plain or made as a Herbal Infusion e.g. for Pre Shampoo, to improve the health of your Hair in general, Growth Stimulant, To Seal in Moisture etc
- Hair Butters – to help smoothe the hair, tame frizzes etc
- Hair Melts – these can be used as a pre shampoo or as a hot oil treatment
- Leave In or Deep Conditioner, Daily Moisturisers and Hair Spritzes – these are all water based but with oils and butters added

If there are any ingredients not listed, which you would like to be used in your Product, please email me and I will do my best to accommodate.

Recent Examples of Customised Products created for our Customers:

- Hair Butter 100g cost £6.00

Cocoa Butter, Grapeseed Oil, Olive Oil, Macadamia Oil, Sweet Almond Butter, Honey Quat, Hibiscus Extract

- Daily Moisturiser/Leave In Conditioner 500ml cost £25.00

Rose, Sandalwood and Chamomile Floral Waters, Glycerine, Olive Oil and Butter, Cocoa Butter, Silk, Honey Quat, Conditioning Guar Gum and Emulsifier

- Moisturising Deep Conditioner (no protein) for very dry hair (contains 40% oils and butters, this would be decreased for other hair types) 250g cost £11.25

Distilled Water, Coconut Oil and Olive Oils, Shea and Olive Butters, Panthenol and Glycerine, Conditioning Guar Gum and Emulsifier

These are just **some** of the most popular ingredients and their reputed properties for Healthy Hair. Once you have decided which Hair Product you would like and the Ingredients, please email me with your requirements. Please note, I will have to ask you a few Health questions to ensure that the ingredients are safe for you to use and also need to know your Hair Type. Please note, if you need assistance in deciding upon your Ingredients, I will need to charge a one off additional charge of £5.00 per individual product.

ORGANIC LIQUID CASTILLE SHAMPOO BASE	
Made with Olive and Coconut Oils – This base is very mild, gently cleansing and does not contain any Sulphates known to strip the Hair and Scalp of its natural oils.	
Oils and Additions such as Panthenol, Silk Protein, Glycerine, Essential Oils etc can be added to the Base to create your own unique Shampoo.	

OILS - these can be used in Oils or Butter Products or used as part ingredient in a Conditioner or Daily Moisturiser Product	
**Avocado Oil	This highly therapeutic oil is rich in vitamins A, B1, B2, B5 (Panthenic acid), Vitamin D, E, minerals, protein, lecithin and fatty acids. Highly compatible with the Scalp, this oil also offers some natural UV ray protection.
Baobab Oil	Baobab oil is cold-pressed from the seeds of fruit from Baobab tree. The oil is rich in oleic, linoleic, and palmitic acids and in vitamins A, D, E and F. Baobab is a stable oil with excellent softening properties. Historically, it has been used by the indigenous people of eastern and southern Africa for skin and hair care.
Brazil Nut Oil	An oil rich in proteins and vitamins E and A, this precious gift from the South American rainforest comes from the fruit (nut) of a tree that can grow for a thousand years. Brazil nuts, or para nuts, produce an oil that is a rich emollient similar to sesame oil. Brazil nut oil contains mainly alpha, linoleic, and oleic acids and small amounts of myristic and stearic acids and phytosterols.
Camellia Oil (Japanese)	Highly prized in Japan and many parts of Asia for its Skin and Hair Care properties. It is rich in Vitamin E, a natural antioxidant and contains up to 80% Oleic Acid, which is highly compatible with the sebum of the Skin and Scalp. Camellia Oil also helps to protect the Hair and Scalp from external environmental pollutants, calms irritations and inflammation. Japanese Camellia Oil is also often used in Hair Care due to its ability to smoothe the cuticle of dry, damaged or coarse Hair; also helps add Shine and Manageability.
Castor Oil	From the seeds of the Castor plant. It is a thick liquid oil, excellent for inflamed or itchy scalp. It also acts as a protective barrier that will protect your hair against harsh environmental conditions. Castor oil is very thick and doesn't penetrate the hair so it is best blended with a lighter oil for such as Grapeseed: use in 10-20%% of the total blend. It contains fatty acids, glycerine and ricinoleic acid.
**Fractionated Coconut Oil	Coconut oil is a natural antioxidant and excellent ingredient for damaged hair, irritated scalp and "tough" new growth on relaxed hair. Coconut oil is also antiviral, antifungal (kills yeast too) and antibacterial. Semi solid oil
Grapeseed Oil	It contains vitamins, minerals, protein, GLA and some vitamin E. It is a very light oil and great for sealing the ends or smoothing cuticles. It is also slightly astringent and good for the Scalp.

Jojoba Oil	Jojoba is actually a liquid wax, due to the thickness of this oil, it is best to use in a 10-25% dilution with lighter base oils. It closely resembles the natural sebum on our scalp, creates a protective film over the hair shaft that helps seal in moisture. It contains Myristic acid, a natural anti-inflammatory, also has natural anti-oxidant properties and can help extend the shelf-life of other oils
Macadamia Oil	Macadamia Nut Oil is a highly emollient, regenerating oil, beneficial to Dry Hair/Scalp. It is high in Essential Fatty Acids, similar to the natural make up to sebum (natural oil) of the Skin/Scalp so helps protect from environmental pollutants. It is also reputed to have anti-inflammatory and regenerative properties so useful for inflamed skin/scalp and the healing of scars, sunburn, wounds etc. Macadamia Oil has a quite a rich texture but is easily absorbed
**Olive Oil (Extra Virgin)	Attracts external moisture to the hair, deeply penetrative, contains a range of fatty acids, Vitamins A, D, K and E which are able to be absorbed into the hair shaft. It is an excellent antioxidant, anti-inflammatory for irritated scalp
Sweet Almond Oil	A very good all round oil, it is beneficial for dry hair and scalp itchiness, soreness and dryness. Rich in protein and Vitamin D. It is soothing, healing, lubricating, softening, revitalizing and nourishing. This oil is a very pale yellow, Rich in vitamins A1, B1, B2, B6 and alpha-tocopherol (vitamin E). It is also high in Oleic, Palmitic and Linoleic acids, also beta-Sitosterol
Vitamin E Oil	It is rich in vitamins A, D and E. It is useful for dull and lifeless, helps to prevent moisture loss and also soothes irritated scalp. It is often used sparingly (5-15% dilution) as it is a very thick oil with a strong odour. Due to its high Vit E content, it is also commonly used to prolong the shelf life of products containing other oils which turn rancid more quickly such as Safflower.
Wheatgerm Oil	A potent antioxidant rich, thick oil, it protects and smoothes the hair, It also helps to extend the shelf life of other oils which may go rancid quickly.

***These Oils are particularly useful as their chemical make up means that they are able to **penetrate** the Hair's outer layer, the cuticle, and right into the core of the hair structure.*

BUTTERS & SOLID OILS - these can be used in Oils or Butter Products or used as part ingredient in a Conditioner or Daily Moisturiser Product	
Avocado Butter	Avocado butter is expressed from the flesh of the fresh fruit, it is rich in vitamins A, D and E, and is noted for its hydrating and regenerating properties. Comprised mainly of oleic, linoleic and linolenic acids, as well as palmitic and palmitoleic acids, lecithin, phytosterol and Carotenoids, avocado butter makes a very rich, moisturising treatment for dry and damaged or easily breakable hair. It is also an excellent anti-wrinkle agent.
Babassu Oil	The Babassu tree is a palm tree approximately 20 metres high, which is native to the south-eastern region of the Amazon jungle in Brazil. Babassu is a light, yellow, non-drying oil obtained from the kernels of the Babassu palm. It has a high content of lauric and myristic acids, which have melting points relatively close to body temperature. Babassu forms a protective, soothing coat when applied and a pleasant, velvety feel. Babassu is a superior emollient beneficial for dry hair. This oil has properties similar to coconut oil and is used in much the same way for both food and cosmetic purposes
Cocoa Butter	Obtained from the cacao bean, It moisturises, soothes and protects, improves elasticity of the hair, is a natural source of vitamin E and antioxidant. Helps to protect the hair from external elements by providing a moisture-retaining barrier to the environment.
Coconut Oil	See above for Fractionated Coconut Oil
Mango Butter	This rich, exotic butter is cold pressed from the seed kernel of the mango fruit. Its high content of stearic acid gives it similar properties to cocoa butter and it is rich in beta carotene and vitamins A and E. It is highly moisturising and has excellent softening and regenerative properties. It is thought be

	protective against UV rays. It is claimed that mango butter can also restore the hair's elasticity
Olive Butter	Attracts external moisture to the hair, deeply penetrative, contains a range of fatty acids, Vitamins A, D, K and E which are able to be absorbed into the hair shaft. It is an excellent antioxidant, anti-inflammatory for irritated scalp
Shea Butter	This is extracted from the nut of the Shea (Karite) tree, and like Cocoa butter has been used in Africa for natural hair and skin care for many centuries. Useful for dry, dehydrate hair, can help to improve elasticity, useful itchy or sore scalp. Contains Vitamins A and E.

WAXES – these can be used in Hair Butters, will make a much harder product and also act as a barrier and protector from external environmental elements which are detrimental to our Hair e.g. heat, pollution, harsh winter weather etc

Olive Wax	Olive Wax (pellets) is an excellent substitution for beeswax, particularly for vegan products. Is a good choice for using in natural hair care products because of its purity. Olive wax is highly compatible with the scalp having emollient and restructuring properties. It is excellent for use in hair care products, particularly protective leave-in formulations where it is becoming increasingly more popular.
Joboba Wax	It closely resembles the natural sebum on our scalp, creates a protective film over the hair shaft that helps seal in moisture. It contains Myristic acid, a natural anti-inflammatory, also has natural anti-oxidant properties and can help extend the shelf-life of other oils.
Almond Wax	Produced from sweet almond oil & possesses similar qualities, almond butter is rich in beta-sitosterols, alpha-tocopherols, oleic acid and linolenic acid (omega 6), which combine to make a protective wax that is beneficial when used in hair care products.

WATER BASED – these can be used as an ingredient in Conditioner and Water Based Moisturiser Products

Aloe Vera Juice	Aloe Vera is well respected for its application as a moisturizing agent; it is also soothing and has anti inflammatory properties for dry and itchy scalp. It contains vitamin B complex, folic acid, vitamin C and carotene (a precursor of vitamin A)
Distilled Water	Used for any product which has water content. Water rehydrates the hair. It is also excellent to drink more water for both hair and general health care. Contains various natural minerals depending on the type used e.g. Evian, Volvic etc
Chamomile Floral Water	Soothes dry and itchy scalp, reduces inflammation and is also very soothing and calming on an emotional level.
Geranium Floral Water	Tones and balances sebum production on the scalp, useful for all hair types. Also fantastic for female hormonal imbalances!
Jasmine Floral Water	Traditionally used in Ayurvedic and Chinese medicine. Useful for all hair types, dry and irritated scalp, it is also a natural antiseptic and powerful antidepressant.
Lavender Floral Water	Tones and balances sebum production on the scalp, also an antiseptic and great soother for itchy, flaky scalp. It also helps to improve circulation and hair growth.
Rose Floral Water	Useful for dry, damaged hair and soothing for itchy, inflamed scalp. Also a great emotional healer for stress, grief, depression
Ylang Ylang Floral Water	Tones and balances sebum production on the scalp, useful for all hair types.

ADDITIONS – these can be added to any Product	
Balsam Conditioner	Conditioning agent- Cetrimonium Chloride
Bioenergiser	Seaweed liquid, reputed to increase the number of hairs by 10% and hair growth by 27% - so aiding improved hair thickness and growth. Although this can be added to any product, I would say it is best used in a leave on product e.g. daily moisturiser or hair growth oil.
Glycerine	Glycerine has emollient (moisturizing) and humectant (draws moisture to the hair) properties. A thick viscous, clear liquid, an excellent addition to any hair care recipe, generally in the water phase. Good for itchy scalp and dry hair.
Honey Quat	Its natural hydrating, conditioning and humectant properties make it ideal for use in moisturizing products. Studies have also revealed that honey has significant natural antioxidant and antimicrobial (prevents the growth of certain bacteria) properties. It will also help to reduce “static” hair. Honey Quat/Honey Moisturiser is derived from honey but processed in a way to make the molecules smaller and more able to penetrate the hair shaft. It is twice as effective as Glycerine.
Wheat and Corn Protein	Strengthens the Hair Shaft, smoothes, moisturises the hair, forms a film on the hair to help prevent moisture loss.
Panthenol	Natural hair thickener that helps give hair body and hold. An excellent hydrator, it helps nourish and strengthen the scalp and promote hair health. It creates a protective film on the hair, preventing moisture loss and improves hair elasticity and strength
Sea Silk	Hydrolysed Sea Vegetable Protein, which soothes the Scalp, adds strength, shine and suppleness to the hair.
Silk (regular)	Powder and Liquid format – also forms a film on the hair to help prevent moisture loss, adds a silky shine to the hair, is softening

HERBS – these can be infused in Oils or Butter Products or used as part ingredient in a Conditioner or Daily Moisturiser Product	
Amla	Helps to control hair loss, it stimulates roots and promotes hair growth. Also prevents scalp infection and is said to control premature greying of hair
Bhringaraj	Aids the treatment of scalp and hair problems, helps remove build up or incrustations that may have formed on the scalp. Also helps to control hair loss.
Brahmi	Helpful for hair loss, hair thinning, premature greying, strengthens the root and clears dandruff
Coltsfoot	Contains a high level of silica, is soothing to the scalp, clears build up and dandruff and is softening, adds elasticity and sheen to the hair shaft
Comfrey	Scalp and Hair conditioner, is soothing and anti-irritant, adds strength (through protein content), shine and softness to the hair shaft
Hibiscus	Hibiscus is used throughout Polynesia, Southeast Asia, and Central and South America for creating an infusion to cleanse, soften, hair and soothes and tones the scalp. It also helps to reduce hair breakage
Horsetail	Nutrient-rich herb, high in silica, often used in conjunction with coltsfoot in hair care products as it strengthens and conditions the hair shaft and adds sheen and elasticity. It also helps to clear build up and dandruff from the scalp.
Kapoor Kachli	Regular use promotes hair growth by stimulating the roots. It may also help to make your hair thick and lovely.
Methi (Fenugreek)	Excellent conditioner and also aids hair growth
Neem	Neem oil is used widely in India and Africa as an anti-bacterial, anti-viral, anti-fungal, antiseptic, and anti-parasitic agent in toiletries, soap, toothpaste and skin/hair care products. Neem oil can be used to get rid of lice and control dandruff and also to treat scabies and dandruff.
Nettle	Stimulates the scalp, promotes hair growth, tones and nourishes the scalp, adds shine and softness to the hair shaft
Oatstraw	Adds softness and shine to the hair
Seaweed Powder	Because it is a particularly rich source of minerals, trace elements, and other

	<p>nutrients, seaweed is an ideal hair growth ingredient. All the essential organic minerals including all know trace elements in balanced proportions.</p> <p>*14 Vitamins including Vitamins B12 (not found in land plants) and E with a complete set of isomers found only in seed oils such as wheat germ oil.</p> <p>*16 Amino acids</p>
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Essential Oils – wonderfully fragrant pure extracts from various fauna and flora. They can be used for their aroma, therapeutic hair care properties, general health care, emotional and psychological wellbeing.

For Scalp – itchininess, balance oil production or stimulate hair follicle growth	Dry Hair	Hair Loss/Growth
Rosemary	Lavender	Thyme
Lavender	Rosemary	Rosemary
Lemon	Geranium	Lavender
Eucalyptus	Carrot Seed	Carrot Seed
Chamomile	Sandalwood	Sage
Ylang Ylang	Rose	Cedarwood
Geranium		Lavender
Normal Hair	Fragile Hair	Dandruff
Lavender	Lavender	Rosemary
Lemon	Chamomile (Roman or German Blue)	Peppermint
Eucalyptus lemon	Thyme	Carrot Seed
Geranium	Carrot Seed	Lemon
Carrot Seed	Sandalwood	Lime
Rosemary	Clary Sage	Basil

Other Essential Oils which have good aromas and a wide variety of healthcare properties: Rose, Ylang Ylang, Patchouli, Cedarwood, Sweet Orange, Rose wood, Jasmine	Thyme
	Pimento
	Cypress
	Eucalyptus
	Sage