

## "No Poo" Hair Wash

My niece Jonica has been my guinea pig on this one because my hair is so coarse this would be a crime against humanity for me. She has great hair silky hair (My words, her words were more like the description below) and tells me that this has worked great for her. I 'borrowed' this hint from [Nature Mom's blog](#).

"Almost three months ago, I was introduced to the idea of no longer using shampoo. I was intrigued. After looking into it somewhat, I figured I didn't have anything to lose so I picked up some baking soda and apple cider vinegar and then took the plunge.

I love the results! There was an adjustment period where I had to play around with the measurements a bit but I finally got the hang of it. I have straight-as-a-board, baby-fine hair that has never held a "do." After "no 'poo," I don't even have to use styling products. I just blow dry and go; my hair now keeps any style. It's awesome!

To clean your hair without shampoo, the idea is to massage a baking soda and water paste into your scalp then rinse off with an apple cider vinegar & water rinse. The writer advises that there will be a transition period while your hair adjusts to being chemical free, but after that your hair looks wonderful!

Plenty of details and instructions found in the article, please visit for all the info. Also check out this recipe for a apple cider vinegar [Homemade Herbal Conditioning Hair Rinse](#)."