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Now With Less Debt!

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I don't use shampoo. I do not have dreadlocks and people regularly come and run their fingers through my hair and admire it.

Everybody's hair is different and different things work
it took some doing for me to find a workable system.

I "wash" my hair about 2x per week. my hair is to my waistline.

Since it's so long, I have to oil the ends before I "wash" it.
So I mix castor oil and grapeseed oil - also have used olive and veggie oil- less than a
tablespoon.
and I run it through the ends of my hair right before I get in the shower.

In the shower - I have 2 sports bottles.
Before i get in the shower I put about approx. 1 table spoon of baking soda in 1 bottle. the
other bottle gets about the same of white vinegar and a coupla drops of lavender essential
oil.

I fill both bottles to the top w/ hot water.

Rinse hair in the shower. Then I work the baking soda water into my hair at the roots,
"scrubbing" at my roots - like you would with shampoo.

Rinse it out under the shower.

Then I use the vinegar bottle over my whole head of hair, working w/ my fingers to get
all the hair rinsed w/ it.

Rinse again under the shower.

All done.

It's great.
no having to buy conditioner, no trying to find shampoo in a smell I don't hate.....no
buying shampoo at all.

Working dry baking soda into the roots works well too - but my hair is so thick it's easier
to do the sports bottle and aim it at different sections of hair as I go.