



## DEEP HAIR CONDITIONER

Recipe courtesy of LISA FIORE

### INGREDIENTS:

1. 3 Tbsp. organic, virgin, unrefined coconut oil
2. 1 tbsp. organic, virgin, cold-pressed olive oil
3. 8 drops of your favorite essential oil or blend (Rosemary is great)

### DIRECTIONS:

Mix coconut oil, olive oil and essential oils with a hand mixer, on medium speed, for 5 minutes or until ingredients are whipped to a thick, creamy consistency. Once whipped, apply to clean dry hair. Comb through with wide-tooth comb to evenly distribute. Let sit for 15 to 20 minutes. Rinse, shampoo and style as desired. Repeat once a week or as often as you desire.