

# HAIR MASK



## Ingredients:

- 100 ml [basic kombucha vinegar](#)
- 2 tbsp coconut oil
- 50 ml water
- few drops of lavender or rosemary essential oil

Kombucha tea or “tea of life” is a fermented beverage made with black (or green) tea, sugar (or honey) and kombucha SCOBY. This mystical drink has a long history dating over 2.000 years ago and drank for its health benefits, energy boosting properties and antimicrobial impact.

There are many benefits of kombucha consumption. It can also positively affect hair growth. It has a small amount of caffeine which may stimulate hair growth. Kombucha is acidic and this will help to close the outer cuticle layer of the hair, which is making the hair look and feel shiny. Its healing, normalizing and detoxifying properties can be a great natural hair loss treatment. Apart from being great for your digestion it supplies your hair follicles with necessary nutrients, promotes regrowth of your hair and makes it stronger.

## Hair mask preparation steps

Mix all ingredients together. Apply to hair and leave on for 10-20 minutes, then rinse off and wash your hair as usual. Avoid using the hair mask on your scalp because this can damage it.

## Products used to prepare this recipe:



## **Kombucha Fermenter**

[Buy on Kefirko.com](https://www.kefirko.com)



## [Organic Kombucha Starter](#)

[Buy on Kefirko.com](https://www.kefirko.com)