



## Coconut Oil + Honey Hair Mask

### Ingredients:

- 1 tablespoon coconut oil
- 1 tablespoon honey

### Directions:

1. Mix all ingredients into a bowl
2. Transfer mix into a pot and heat up until melted
3. Apply to hair from top to bottom and put hair into a bun or shower cap.
4. Let it sit for 15 minutes
5. Rinse

Coconut Oil:

Coconuts truly seem to be the magical ingredient for your hair. Coconut Oil can be used for hair and skin, is a healthy fat for cooking, aids in digestion, supports the body's natural hormones...the benefits of Coconut Oil are endless! Coconut Oil for hair keeps it moist and soft and prevents hair breakage because of its high moisture retaining capabilities. Since Coconut Oil is loaded with fatty acids, it penetrates the hair more deeply than regular conditioners, leading to beautiful soft, silky, shiny hair. We recommend using Organic Coconut Oil whenever possible.

Honey:

The benefits of honey are endless! First, honey is great for retaining moisture in your hair as it is a natural humectant. This means that it sucks moisture into the hair and prevents it from escaping. This is especially great if you have dry hair and need an extra boost of moisture and hydration. Honey is also an emollient, which helps smoothen and soften your hair, and brings back any lost sheen and shine to your hair.