



The Vitamin Bee is not the author of the below article, it was a post on Facebook. I personally use this recipe on Saturdays, Sundays, Tuesdays and Thursdays (I call it my SSTT Shampoo). The word shampoo is a bit of a stretch, there are no foamy suds, but once you get used to that, this mixture works extremely well for cleaning your hair and scalp.

The headline is misleading, I have been using for over a year and have not had any new hair sprouting up (unless that is what is causing my eyebrows to grow like crazy). On the between days (Monday, Wednesday and Friday) I use another semi-home-made shampoo. More about that later.

Baking Soda Shampoo: Your Hair Will Grow Like It's Magic

You are surely already aware of the fact that baking soda is one of the most versatile and beneficial ingredients you can have at home.

Despite its uses in the kitchen, it offers numerous health benefits, serves as a potent household cleaning agent, and is excellent as a personal care product.

Thus, it is amazing hair care product, which can improve the quality of the hair, leaving it clean and shiny, detoxified, and conditioned.

On the other hand, most of the commercial chemical products are full of harmful ingredients, so baking soda is an effective, safe, and natural way to maintain the health of your hair.

To prepare your homemade baking soda shampoo, you should mix one part of baking soda and three parts of water. Then, apply the shampoo to wet or dry hair and massage well.

Leave it to act for several minutes and wash it off with warm water. You might find it a bit difficult to wash the hair without the foam you are used to, but over time, the effects will change your opinion.

Afterward, mix one part of apple cider vinegar and four parts of water, and wash the hair with the solution to deeply clean the hair and scalp. If you want to leave a pleasant smell, add a few drops of lavender, rosemary or peppermint oil.

The effects are astonishing!