



# The Ultimate Natural Hair Regimen for Redheads

A STEP-BY-STEP GUIDE-RECIPES INCLUDED

## Preserve Your Vibrant Color & Boost Hair Health with These Simple Steps

### Weekly Regimen Breakdown

#### Day 1: Clarifying Cleanse

##### ☀ Morning:

Pre-wash treatment: Massage 2 tbsp coconut oil + 1 tsp lemon juice into scalp (brightens color)

Wash: Bentonite clay + apple cider vinegar rinse (removes buildup without stripping)

##### 🌙 Evening:

Scalp massage: 5 drops rosemary oil + 2 tbsp jojoba oil (stimulates follicles)

#### Day 3: Color-Boosting Treatment

##### DIY Color Mask:

- ½ cup hibiscus tea (brewed strong)
- 1 tbsp henna powder (for copper tones)

- 1 tsp honey

Apply for 20 mins, rinse with cool water

## Day 5: Deep Hydration

### Moisture Lock:

- ¼ cup aloe vera gel
- 1 mashed banana
- 1 tsp flaxseed oil

Leave on 30 mins under shower cap

## Daily Essentials

### AM:

- UV protection spray (green tea + raspberry seed oil)
- Wide-brimmed hat when outdoors

### PM:

- Silk pillowcase or bonnet
- Leave-in conditioner (aloe + 2 drops lavender oil)

## Pro Tips for Lasting Color

1. \*\*Wash with cool water\*\* (hot water opens cuticles color fade)

2. Limit washing to 2-3x weekly (use dry shampoo: arrowroot powder + cocoa)

3. Avoid:

- Chlorine pools (or pre-coat with coconut oil)
- Sulfates/silicones
- High-heat tools (opt for foam rollers instead)

## Seasonal Adjustments

Winter: Add 1 tsp shea butter to masks

Summer: Spritz with black tea daily (natural UV blocker)

For more natural recipes: [Purchase your 300+ recipe E-book](#) or purchase a physical copy at Barnes&Noble

