



# DIY NATURAL HAIR CARE

# MADE EASY

*Quick & Simple Recipes for Shampoo Bars, Conditioner Bars, & More*



**KATIE VELDKAMP**  
CERTIFIED AROMATHERAPIST

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# Meet Your Body Care Hero Guide,

## KATIE VELDKAMP

Hi there,

I'm so excited you're here! If you've ever wanted to take control of your hair care routine, ditch questionable ingredients, and make your own simple, effective, and natural products—this guide is for you.

When I first started making my own natural hair care, I had so many questions. Would it actually work? Would it be too complicated? Would I need a ton of ingredients? If you've ever wondered the same, you're not alone! That's exactly why I put this guide together—to make DIY hair care simple, approachable, and fun.

Inside, you'll find easy-to-follow recipes for things like shampoo bars, conditioner bars, and nourishing treatments using high-quality, natural ingredients that support healthy, happy hair. And the best part? You don't need to spend hours researching or hunting down ingredients—we've already done the hard work for you!

If you're looking for the easiest way to start, our May Recipe Box comes with carefully selected essential oils and ingredients to help you create salon-quality hair care products at home. Want to focus on just shampoo and conditioner bars? Our DIY Shampoo & Conditioner Bar Kits make the process effortless!

Whether you're brand new to DIY or just looking to expand your natural routine, I can't wait for you to experience the joy of making your own products. So let's dive in—your hair (and the planet) will thank you!

~ *Katie*

Katie's Author Bio: Katie Veldkamp is a co-founder of Simply Earth, the pure essential oil company that teaches you how to use essential oils at honest prices. She's a certified aromatherapist and loves teaching people how to make their own products using essential oils. Her super power is cutting through the confusing and overwhelming misinformation about essential oils on the internet. She brings people confidence and clarity on how to use essential oils to make their own products. Her essential oil journey started with trying to solve her stinky feet problem. Now she teaches thousands of people to make their own recipes each month with the Simply Earth Essential Oil Recipe Box, Essential Oil Hero Course, and her Essential Oil Recipe Books.



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# Why Make Your Own Hair Care?



Have you ever looked at the ingredient list on your shampoo or conditioner and wondered, “What even is that?” Many store-bought hair care products are packed with sulfates, silicones, synthetic fragrances, and preservatives—ingredients that can strip your hair, cause buildup, and even irritate your scalp.

Making your own natural hair care products means you get to ditch the unnecessary chemicals and replace them with pure, effective, and nourishing ingredients that actually support healthy hair. Plus, it’s easier than you think!

Here’s why you’ll love DIY hair care:

## ✓ HEALTHIER INGREDIENTS

No harsh chemicals, just natural, hair-loving goodness.



## ✓ CUSTOMIZABLE TO YOUR HAIR’S NEEDS

Dry, oily, curly, straight—DIY lets you create products that work for you.

## ✓ ECO-FRIENDLY & SUSTAINABLE

Shampoo and conditioner bars eliminate plastic waste, and DIY products reduce unnecessary packaging.



## ✓ COST-EFFECTIVE

A little goes a long way, and making your own can save you money over time.

## ✓ FUN & REWARDING

There’s something special about using a product you made yourself!



If you’re new to DIY, don’t worry—this guide will walk you through simple and effective recipes that anyone can make. And if you want the easiest way to start, our May Recipe Box and DIY Shampoo & Conditioner Bar Kits give you everything you need to create salon-quality hair care at home.

Ready to transform your hair the natural way? Let’s get started!

# DIY vs. Store-Bought: What's The Difference?

When it comes to hair care, not all products are created equal. Store-bought shampoos and conditioners often contain harsh detergents, synthetic fragrances, and preservatives—ingredients that might make your hair feel great at first but can cause long-term buildup, dryness, or irritation.

By making your own natural hair care products, you control what goes into them, ensuring your hair gets the nutrients it actually needs—without the unnecessary additives.



## DIY Hair Care 🏠

## Store-Bought Hair Care 🛒

### No Harsh Chemicals

Free from sulfates, parabens, and synthetic fragrances.

### Often Contains Sulfates & Preservatives

Can strip natural oils and cause scalp irritation.

### Customizable

Adjust ingredients to suit your hair type and needs.

### One-Size-Fits-All

Formulated for mass appeal, not your unique hair.

### Eco-Friendly

Shampoo & conditioner bars reduce plastic waste.

### Plastic Packaging Waste

Can strip natural oils and cause scalp irritation.

### Cost-Effective

Save money by making your own with quality ingredients.

### More Expensive Over Time

You pay for marketing, packaging, and fillers.

### Fun & Rewarding

Enjoy the process of creating products tailored to you.

### Limited Control

You're stuck with whatever ingredients the brand chooses.

Bottom line? DIY hair care gives you full control over your hair health, saves you money, and helps the environment—all while being surprisingly easy!

Want to get started without the guesswork? The May Recipe Box and DIY Shampoo & Conditioner Bar Kits provide everything you need to create salon-quality natural hair care products at home!

# Best Ingredients for Natural Hair Care

The key to effective, natural hair care is choosing high-quality ingredients that nourish, cleanse, and strengthen your hair—without the harsh chemicals found in store-bought products.

Here are some of the best ingredients for making DIY shampoo bars, conditioner bars, and treatments at home:



## ✨ Cleansing & Lathering Agents (For Shampoo Bars & Scalp Health)

### SCI POWDER

A gentle, sulfate-free cleanser that creates a rich, foamy lather.



### SLSA POWDER

Adds extra luxurious foam while keeping hair moisturized.



### FOAM BOOST (CAPB)

Helps shampoo bars cleanse effectively without stripping natural oils.



# 💧 **Conditioning & Moisturizing Agents** (For Conditioner Bars & Hair Masks)

## **CONDITIONING EMULSIFIER (BTMS-50)**

A conditioning agent that softens and detangles hair without buildup.



## **ARGAN OIL**

Packed with nourishing fatty acids to hydrate and strengthen hair.



## **CETYL ALCOHOL**

A plant-based emollient that locks in moisture and adds silkiness.



# 🛡️ **Preservatives & Storage Helpers** (For Keeping DIY Products Fresh & Safe!)

## **GEOGARD ECT**

A broad-spectrum, eco-certified preservative that helps extend shelf life when products come into contact with water.



## **SILICONE MOLDS**

Helps shape shampoo & conditioner bars while making unmolding easy.



# Strengthening & Repairing Ingredients (For Strong, Healthy Hair)

## HYDROLYZED RICE PROTEIN

Strengthens hair, adds volume, and reduces breakage.



## ROSE KAOLIN CLAY

Gently cleanses the scalp, absorbs excess oil, and helps promote scalp circulation for healthier hair growth.



## BEESWAX

Adds light hold to styling products and locks in moisture.



# Essential Oils for Scalp & Hair Health

## ROSEMARY ESSENTIAL OIL

Popular in hair care routines for its invigorating aroma and refreshing sensation on the scalp.



## SPEARMINT ESSENTIAL OIL

Known for its cooling effect and fresh scent, often used in scalp and hair care products to add a revitalizing feel.



## TEA TREE ESSENTIAL OIL

Valued for its cleansing properties, this oil is often included in products designed to leave the scalp feeling refreshed and clarified.



## LAVENDER ESSENTIAL OIL

Frequently chosen for its calming aroma and ability to help maintain a balanced-feeling scalp in hair care routines.



 Want to try these ingredients in action? Get everything you need in the May Recipe Box & DIY Shampoo & Conditioner Bar Kits!

# Beginner's Shopping List: What You'll Need



## ✓ Must-Have Ingredients (Found in the May Recipe Box & DIY Kits!)

- SCI Powder
- SLSA Powder
- Foam Boost (CAPB)
- BTMS-50
- Argan Oil
- Cetyl Alcohol
- Coconut Oil
- Hydrolyzed Rice Protein
- Beeswax
- Rose Kaolin Clay
- Geogard ECT

## ✓ Common Household Ingredients (You probably have these!)

- Water
- Apple Cider Vinegar
- Cornstarch or Arrowroot Powder

## ✓ Helpful Tools (For Easy DIY Hair Care!)

- Silicone Molds
- Double Boiler or Heat-Safe Bowl
- Scale or Measuring Spoons
- Soap Dish or Drying Rack
- Small Glass Jars & PET Plastic Bottles

✨ Get the key ingredients you need in the May Recipe Box & DIY Shampoo & Conditioner Bar Kits!



Learn how you can get the key ingredients you need in one box!

See pages 17 & 19!

# Simple & Effective DIY Hair Care Recipes

## Rosemary & Mint Shampoo Bars



### From Simply Earth

- $\frac{3}{4}$  cup + 1  $\frac{1}{2}$  Tbsp (2.82oz) SCI Powder
- $\frac{1}{4}$  cup + 2 Tbsp (1.5oz) SLSA Powder
- 2 Tbsp (1oz) Rose Kaolin Clay
- 1  $\frac{1}{2}$  Tbsp (0.84oz) Foam Boost (Cocamidopropyl Betaine)
- 2 tsp (0.30oz) Hydrolyzed Rice Protein
- 2 tsp (0.35oz) Argan Oil
- 29 drops (0.05oz) Geogard ECT Preservative
- 30 drops Rosemary Essential Oil
- 20 drops Peppermint Essential Oil
- 4 Simply Earth Round Soap Molds
- Soap wraps
- Labels



### From Your Home

- 2 Tbsp rice starch or corn starch
- Face Mask\*
- Tape

1. In a bowl, combine SCI Powder\*, SLSA Powder\*, Kaolin Clay, and cornstarch. Mix thoroughly until well blended.
2. In a separate container, combine Foam Boost, Hydrolyzed Rice Protein, Argan Oil, Geogard ECT Preservative, and essential oils. Stir thoroughly.
3. Add the wet mixture to the dry mixture and stir to combine into a uniform mixture. You may find it easier to use your hands to mix the ingredients together. Once the ingredients are combined, you should end up with a moldable consistency.
4. Divide and firmly press the mixture into the silicone molds. Place the mold into the fridge and allow it to set for a couple of hours. Remove the shampoo bars from the mold and set it out to dry for a few days.
5. Package the shampoo bars in the provided wraps, securing them with tape. Attach the labels.
6. To use, wet your hair. Rub the bar between your hands to create a lather, then massage the lather into your scalp and hair. Rinse thoroughly. Store your shampoo bar in a soap dish with drainage to allow it to dry between uses.

\*Tip: SLSA and SCI are powdered surfactants. Powdered surfactants are very lightweight and can easily become airborne, potentially irritating the lungs and causing sneezing or coughing. It's best practice to wear a face mask while measuring powdered surfactants to avoid inhalation. These ingredients are unlikely to go airborne once they are combined with a liquid (step 3). If you are making our DIY Conditioner Kit recipe with Lavender and Tea Tree Essential Oils, you can scent these shampoo bars to match with 30 drops Lavender and 20 drops Tea Tree.

# Rosemary Hair & Beard Oil



## From Simply Earth

- 2 ½ tsp Argan Oil
- 1 Tbsp Fractionated Coconut Oil
- 8 drops Rosemary Essential Oil
- 4 drops Spearmint Essential Oil



## From Your Home

- 1oz bottle

1. In a small bowl, mix together Argan Oil, Fractionated Coconut Oil, and essential oils.

2. Pour mixture into bottle and label.

3. To use, rub oil between hands and apply to the ends of the hair to moisturize and smooth hair. This hair and beard oil can also be used as a hot oil hair treatment.

# Control Natural Hair Styling Wax



## From Simply Earth

- 3 Tbsp Coconut Oil (Solid)
- 1 Tbsp Beeswax
- ¼ tsp Cetyl Alcohol
- 21 drops Good Vibes Essential Oil Blend



## From Your Home

- 2oz jar

1. In a double boiler (or in the microwave using short intervals), melt together the Coconut Oil, Beeswax, and Cetyl Alcohol (~160°F).

2. Allow the mixture to cool until it's about to solidify. Then, add the essential oils and stir thoroughly.

3. Pour the mixture into a jar and label.

4. To use, scoop a pea-sized amount from the jar, warm product between fingertips, and style hair. As the wax is applied to the hair, it will cool and help hold desired style. Hair wax is great for shaping mustaches, controlling frizz, and building volume.

# Soft & Shiny Conditioning Hair Mask



## From Simply Earth

- ½ Tbsp Conditioning Emulsifier
- 1 tsp Argan Oil
- ¼ tsp Cetyl Alcohol
- ¼ tsp Beeswax
- 1 tsp Coconut Oil (Solid)
- 40 drops Head Soothing Essential Oil Blend



## From Your Home

- ¼ cup + 1 Tbsp distilled water
- 16 drops (0.02oz) Geogard ECT Preservative 
- 4oz jar 



## SPECIAL TOOLS

- Thermometer
- Immersion Blender (or similar tool)

1. Create an ice bath by filling a large bowl with ice. Set aside.
2. Add the distilled water to a glass measuring pitcher or similar heat proof container. Make sure the container is large enough for the oil ingredients to be added and the immersion blender to fit.

3. In a separate glass measuring pitcher or similar heat-proof container, add the Conditioning Emulsifier, Argan Oil, Cetyl Alcohol, Beeswax, and Coconut Oil (Solid).
4. Fill the bottom of a large pot with about 2 inches of water. Set both jars from steps 1 and 2 into the pot (do not pour the mixtures into the pot; place both jars into the pot to be heated). Use a medium low heat to heat both mixtures until the oil mixture is melted.
5. Once the oil mixture is melted and both mixtures are similar temperatures (around 155°F), remove them from the heat.
6. Place the immersion blender into the water mixture. Turn the blender on a slow speed. While blending, pour the oil mixture into the water mixture. Continue to mix for about 1 minute until it's just combined (over mixing can create foam).
7. Set the conditioning hair mask into the ice bath and stir the mixture by hand. It will be quite thin at first, but will slowly thicken as it cools. Continue to stir by hand until the mixture reaches room temperature.
8. In a small bowl, add the essential oil and Geogard ECT preservative. Stir to mix. Pour a small amount of the mixture (about 1 Tbsp) into the bowl and stir the conditioning hair mask, preservative, and essential oils together until it's one smooth mixture.
9. Pour the mixture from step 8 into the larger mixture of conditioning hair mask and stir until fully combined.
10. Pour the conditioning hair mask into small jar and label. The conditioning hair mask will continue to thicken for 24 hours.
11. To use, apply a generous amount of the hair mask to your hair (wet or dry). Leave it in your hair for at least one hour. Then wash and condition your hair as normal. Enjoy soft, shiny, beautiful hair.

**\*Tip: If you prefer to make this recipe without a preservative, store it in the fridge and discard after 2 weeks (or when it smells or looks off).**

# Lavender & Tea Tree Conditioner Bars



## From Simply Earth

- $\frac{3}{4}$  cup + 2 Tbsp (4.5oz) Conditioning Emulsifier (BTMS-50)
- $\frac{1}{4}$  cup (1oz) Cetyl Alcohol
- $\frac{3}{4}$  Tbsp (0.42oz) Shea Butter
- $\frac{3}{4}$  Tbsp (0.42oz) Cocoa Butter
- $\frac{3}{4}$  Tbsp (0.35oz) Argan Oil
- 40 drops (0.14oz) Geogard ECT Preservative
- 30 drops Lavender 40/42 Essential Oil
- 20 drops Tea Tree Essential Oil
- 4 Simply Earth Round Soap Molds
- Soap Wraps
- Labels

1. In a double boiler or microwave-safe container, melt the Conditioning Emulsifier, Cetyl Alcohol, Shea Butter, Cocoa Butter, and Argan Oil together. Use short intervals if microwaving. Heat to around 160°F, stirring occasionally. Once fully melted, remove from heat.
2. Allow the mixture to cool until it's about to solidify (around 135°F) before adding the essential oils and preservative. Thoroughly mix.
3. Divide and pour the mixture into the molds and allow it to cool. Once solidified, remove bars from mold. Wrap the conditioner bars in the provided wraps, securing them with tape. Attach the labels.
4. To use, wet your hair. Rub the bar between your hands to create a lather and massage the lather into your scalp and hair. Rinse thoroughly. Store your conditioner bar in a soap dish with drainage to allow it to dry between uses.

Tip: If you are also making our DIY Shampoo Bar Kit recipe with Rosemary and Peppermint Essential Oils you can match that scent with 30 drops Rosemary and 20 drops Peppermint in place of the Lavender and Tea Tree Essential Oils listed above.

# What Are Shampoo Bars & Conditioner Bars?



If you're new to solid hair care, you might be wondering—what's the difference between a shampoo bar and a conditioner bar, and why should I make the switch? Here's what you need to know:

## 🍷 SHAMPOO BARS: A BETTER WAY TO CLEANSE

Shampoo bars work just like liquid shampoo, but instead of being filled with harsh sulfates and unnecessary fillers, they use gentle, plant-based cleansers that effectively remove dirt and oil while maintaining your hair's natural moisture balance.

- ✓ Rich Lather – Cleanses effectively without stripping hair
- ✓ No Harsh Sulfates – Free from SLS and other drying detergents
- ✓ Eco-Friendly – Zero plastic waste and long-lasting



## 💧 CONDITIONER BARS: DEEPLY NOURISHING WITHOUT THE WASTE

Conditioner bars are packed with concentrated conditioning ingredients that smooth, soften, and hydrate without the need for synthetic silicones found in most liquid conditioners. Instead of a bottle full of water and fillers, you get pure, nourishing goodness for your hair.

- ✓ Lightweight Hydration – Softens without weighing hair down
- ✓ No Silicone Build-Up – Keeps hair naturally healthy and balanced
- ✓ Long-Lasting & Waste-Free – Uses less product while eliminating plastic bottles

## WHY MAKE THE SWITCH?

Shampoo and conditioner bars are more than just a trend—they're a better way to care for your hair and the planet.

- 🌱 Less Waste – No plastic bottles = a more sustainable choice
- 💰 More Bang for Your Buck – Solid bars last longer than liquid products
- ✈️ Perfect for Travel – No spills, no leaks, and TSA-friendly
- 👤 Customizable & Natural – Made with high-quality, hair-loving ingredients

## 💡 HOW TO USE SHAMPOO & CONDITIONER BARS

Switching to solid hair care is easy, but here are a few tips to help you get the most out of your bars:

### ◆ Shampoo Bar:

- 1 Wet your hair and the bar.
- 2 Either rub the bar between your hands to create lather or glide it directly onto your scalp.
- 3 Massage the lather through your hair, then rinse thoroughly.

### ◆ Conditioner Bar:

- 1 After shampooing, wet the conditioner bar and glide it over the mid-lengths and ends of your hair.
- 2 Let it sit for a minute or two for extra hydration.
- 3 Rinse thoroughly and enjoy silky, nourished hair.

💡 Pro Tip: There may be a short transition period as your hair adjusts to natural ingredients, especially if you're used to store-bought products with synthetic conditioners. Stick with it—your hair will thank you!

## ♥ WANT TO MAKE YOUR OWN SHAMPOO & CONDITIONER BARS?

The DIY Shampoo & Conditioner Bar Kits make it simple and foolproof—giving you everything you need to create salon-quality, natural hair care at home!



# DIY Shampoo & Conditioner Bars

(For Those Who Want to Go Deeper!)



If you're ready to fully embrace natural hair care, making your own shampoo and conditioner bars is a fun, rewarding, and sustainable way to take control of your hair's health. These solid bars aren't just a trend—they're eco-friendly, long-lasting, and customized just for you.

## By making them yourself, you can:

- ✓ Skip the plastic waste – Solid bars eliminate unnecessary packaging.
- ✓ Get a salon-quality cleanse with natural ingredients – No sulfates, silicones, or synthetic fillers.
- ✓ Customize your hair care – Adjust moisture levels, add essential oils, and make bars that work for your hair type.
- ✓ Save money in the long run – Solid bars last longer than liquid shampoos and conditioners.

## 🔧 SNEAKY TRICKS FOR MAKING DIY SHAMPOO & CONDITIONER BARS

Creating your own solid hair care is easier than you think! Here are some insider tips to make your DIY bars even better:

- Choose the Right Cleanser:
  - SCI Powder and SLSA Powder provide gentle cleansing and a luxurious lather—perfect for a salon-quality feel.
  - Foam Boost (CAPB) enhances lather while keeping your hair moisturized.
- Conditioner Bars Need the Right Balance:
  - BTMS-50 is the secret to a smooth, creamy conditioner bar that actually moisturizes without buildup.
  - Argan Oil & Cetyl Alcohol help soften and detangle hair effortlessly.

- Melting & Mixing Tip:
  - When heating your ingredients, use a gentle double-boiler method to prevent scorching and ensure even blending.
- Molding & Setting:
  - Pour your melted mixture into silicone molds and let them fully harden before using.
  - Let your bars cure for 24 hours before first use to maximize longevity.
- Storage Matters:
  - Keep your bars dry between uses by placing them on a draining soap dish—this prevents them from getting mushy and extends their life!

## 💡 MAKE IT FOOLPROOF WITH THE DIY SHAMPOO & CONDITIONER BAR KITS!

♥ Want to make salon-quality shampoo and conditioner bars without the guesswork? The DIY Shampoo & Conditioner Bar Kits come with pre-measured, high-quality ingredients and step-by-step instructions—so you can make your own solid hair care with confidence!



# Common Mistakes in DIY Natural Hair Care (and How to Fix Them!)



## 🚫 MISTAKE #1: USING TOO MUCH OR TOO LITTLE PRODUCT

### 💡 The Fix:

- DIY hair products are often more concentrated than store-bought versions, so it's important to find the right amount for your hair type.
- ✓ Shampoo Bars: If your hair feels greasy quickly, you may not be lathering enough. If it feels dry, try using less product and rinsing thoroughly.
- ✓ Conditioner Bars: A little goes a long way—start with a light application on the ends and add more as needed.
- ✓ Hair Masks & Leave-In Treatments: Apply sparingly at first; fine hair needs less, while thick or curly hair may need extra moisture.

💡 Pro Tip: If your hair feels weighed down, try rinsing with apple cider vinegar to remove any excess product buildup.



## 🚫 MISTAKE #2: SKIPPING THE TRANSITION PERIOD

### 💡 The Fix:

- If your hair feels waxy or heavy after switching to natural shampoo, don't panic! Many commercial shampoos strip natural oils, so your scalp needs time to rebalance. This transition period can last 2-4 weeks.
- ✓ Use an apple cider vinegar rinse once a week to help remove buildup.
- ✓ Be patient—your hair will adjust!

### 🚫 MISTAKE #3: NOT BALANCING MOISTURE & PROTEIN

💡 The Fix:

- Healthy hair needs both moisture and protein—too much of one can lead to brittle, dry, or overly greasy hair.
- ✓ Dry, frizzy hair? You may need more hydration—try a deep conditioning hair mask.
- ✓ Weak, limp hair? It might need more protein—Hydrolyzed Rice Protein (included in the Shampoo Kit!) strengthens strands without stiffness.
- ✓ Rotate moisture and protein treatments to keep hair strong and balanced.



### 🚫 MISTAKE #4: IMPROPER STORAGE & NOT USING A PRESERVATIVE

💡 The Fix:

- Even though DIY shampoo and conditioner bars don't contain water in the recipe, they come into contact with water every time you use them which creates the perfect environment for microbial growth over time.
- ✓ Use Geogard ECT – We recommend adding Geogard ECT, a broad-spectrum, eco-certified preservative, to help extend shelf life and keep your bars safe.
- ✓ Keep bars dry between uses – Store them on a draining soap dish or drying rack to prevent mushiness and bacteria buildup.
- ✓ Store oils & masks properly – Keep oil-based products like hair masks and styling wax in a cool, dark place to prevent oxidation.
- ✓ Label your DIY products – Write the date you made them so you know when to replace them.

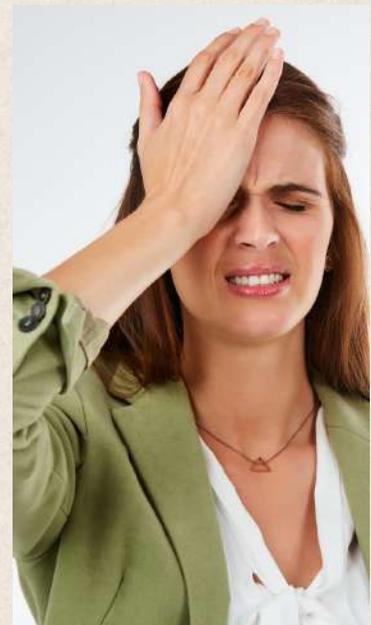
💡 Pro Tip: If you notice changes in smell, texture, or color, it may be time to make a fresh batch!

### 🚫 MISTAKE #5: USING THE WRONG ESSENTIAL OILS

💡 The Fix:

- Not all essential oils are hair-friendly—some can cause scalp irritation. Stick to safe, beneficial oils like:
- ✓ Rosemary Essential Oil – Supports scalp health and hair growth.
- ✓ Spearmint Essential Oil – Refreshing, scalp-cleansing, and promotes shine.
- ✓ Lavender Essential Oil – Soothes the scalp and balances oil production.
- ✓ Tea Tree Essential Oil – Great for scalp health—helps with dandruff and buildup.
- ✗ Avoid: Cinnamon, Clove, and other skin irritating oils

💡 Pro Tip: Always dilute essential oils properly before applying them to your scalp—too much can be drying or irritating.



# ? FAQ: Common Beginner Concerns

New to DIY hair care? You're not alone! Here are some of the most common questions beginners have when getting started.



## 💡 HOW DO I KNOW IF THESE RECIPES WILL WORK FOR MY HAIR TYPE?

- ✓ Good news! These recipes are designed to be versatile and customizable.
  - ✓ For dry or curly hair → Use extra conditioner or add hydrating oils like Argan Oil.
  - ✓ For oily or fine hair → Use lighter applications and rinse thoroughly.
  - ✓ For sensitive scalps → Stick to gentle essential oils like Lavender or Tea Tree.
- 💡 Pro Tip: If you're unsure, start with a small batch to see how your hair responds!



## 💡 DO I NEED ANY SPECIAL TOOLS?

Nope! Most of these recipes can be made with basic kitchen tools you likely already own. However, a few items can make the process easier:

- ✓ Silicone molds – Perfect for shaping shampoo & conditioner bars.
- ✓ Double boiler or heat-safe bowl – Helps gently melt ingredients.
- ✓ Scale or measuring spoons – Ensures accuracy for the best results.
- ✓ Soap dish or drying rack – Keeps bars dry between uses.

💡 Bonus: The DIY Shampoo & Conditioner Bar Kits include everything you need to get started!

## 💡 CAN I MAKE THESE WITHOUT BUYING EVERYTHING?

- ✓ Yes! Many ingredients (like apple cider vinegar and cornstarch) are likely already in your kitchen.
- ✓ However, some key ingredients—like SCI Powder, BTMS-50, and Hydrolyzed Rice Protein—are essential for making salon-quality hair products.
- ✓ The easiest way to get everything in one place? The May Recipe Box & DIY Kits!
- 💡 Start with what you have, and build from there!



## 💡 HOW LONG DO HOMEMADE PRODUCTS LAST?

- ✓ Shampoo & Conditioner Bars: Up to 12 months when stored properly.
- ✓ Hair Masks & Styling Products: up to 12 months, depending on ingredients.
- ✓ Leave-In Sprays or Water-Based Recipes: 2-3 weeks unless preserved with Geogard ECT.
- 💡 Storage Tip: Keep your products dry, cool, and sealed to extend shelf life! If you notice changes in texture, smell, or color, it's time for a fresh batch.

## STILL HAVE QUESTIONS?

- ♥ Join our FREE live workshop on May 15 at 2:00 PM CST on our YouTube channel! You can watch as we make some of these recipes together, get expert tips, and ask your questions live.

# Make Rosemary & Mint Shampoo Bars!!!



simply earth®

## DIY Shampoo Bar Kit

Natural, Fast, and Easy to Make

### WHAT'S INSIDE?

- ✓ Rosemary Essential Oil
- ✓ Peppermint (Supreme) Essential Oil

### EXTRAS:

- ✓ Soap Wrap Paper
- ✓ Foam Boost (Cocamidopropyl Betaine)
- ✓ SCI Powder (Sodium Cocoyl Isethionate)
- ✓ SLSA Powder (Sodium Lauryl Sulfoacetate)
- ✓ Hydrolyzed Rice Protein
- ✓ Argan Oil
- ✓ Soap Mold - SE Round
- ✓ Rose Kaolin Clay
- ✓ Geogard ECT Preservative (1oz)

### RECIPE

- ✓ Rosemary & Mint Shampoo Bars

Over \$90+ value  
for only **\$49.99!**



Scan the Code  
for More Info!!

# Make Lavender & Tea Tree Conditioner Bars!!!



simply earth®

## DIY Conditioner Kit

Natural, Fast, and Easy to Make

### WHAT'S INSIDE?

- ✓ Lavender 40/42 Essential Oil
- ✓ Tea Tree Essential Oil

### EXTRAS:

- ✓ Soap Wrap Paper
- ✓ Conditioning Emulsifier (BTMS-50)
- ✓ Argan Oil
- ✓ Shea Butter
- ✓ Soap Mold Round
- ✓ Cetyl Alcohol
- ✓ Cocoa Butter
- ✓ Geogard ECT Preservative

### RECIPE

- ✓ Lavender & Tea Tree Conditioner Bars

Over \$90+ value  
for only **\$49.99!**



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for More Info!!

# #IMadeThis!

## 🌿 Join Us for a Live DIY Cleaning Workshop!

Want to see these recipes in action? Join us in May for our exclusive DIY Natural Hair Care Workshop, where we'll:

- ✓ Walk through natural hair care recipes step by step
- ✓ Share extra pro tips for best results
- ✓ Answer your questions live!

## 🎉 Show Off Your DIY Skills with #imadethis!

You've put in the effort, mixed up your recipes, and now it's time to show off what you made! We LOVE seeing your DIY creations, and we want to celebrate them!

📷 Snap a pic of your homemade natural cleaner

📱 Tag us on social media with #imadethis

🏆 Each month, we feature winners who receive a \$5 gift card and a shoutout on our page!

💡 Your creativity could be the inspiration someone needs—so don't hold back, let's see those bubbly, fizzy, and fabulously fresh DIYs!

👉 Join the movement, share your DIYs, and let's make the world cleaner—naturally



Leslie Ashmore  
Wrightington



Sabrina O'Steen



Samantha Woods



Taralynn Chamberlain  
Sugden



Stephaine Hart

# 12 Month DIY Adventure

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## DIY Hair Care

### WHAT'S INSIDE?

- ✓ Head Soothing Essential Oil Blend
- ✓ Good Vibes Essential Oil Blend
- ✓ Rosemary Essential Oil
- ✓ Spearmint Essential Oil

### EXTRAS:

- ✓ Conditioning Emulsifier (BTMS-50)
- ✓ Argan Oil
- ✓ Cetyl Alcohol

### FREE BIG BONUS BOX

- ✓ Good Hair Conditioner Bar
- ✓ Control Natural Hair Styling Wax
- ✓ Rosemary Mint Hair & Beard Oil
- ✓ New Meadows Roll-On
- ✓ Daybreak Diffuser Blend
- ✓ Soft & Shiny Conditioning Hair Mask

Over \$183+ value for only **\$44.99!**

★★★★★ (5.0)

**BONUS: You get 16 FREE items when you subscribe today!**



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