



# **215+ Organic Shampoo, Conditioner and Mask recipes: A DIY Guide for Organic Gifts and Healthy Hair with over 215 recipes**

*Samantah K. Ray*

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There are several benefits to making your own shampoo. Cost is just one of them. Natural ingredients available from the grocer are less expensive compared to buying a formula in a bottle where you must pay not only for the ingredients but for the packaging as well. Natural products are generally safer than chemicals, but it is always best to research the effects before using, especially if you have certain existing conditions. Natural products can also be better for the hair, as many additives in commercially available brands contain ingredients that contribute to product build up over time. Natural products containing clarifying agents like vinegar help remove residue from the hair while enhancing its look and feel.

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