

DIY Flaxseed Gel Recipe (Hard Hold)



This DIY hard hold flaxseed gel recipe is easy to make and works great on all curly hair.

PREP TIME

1 hour 30 minutes

TOTAL TIME

1 hour 30 minutes

Ingredients

- 1/3 cup flaxseeds
- 2 cups of water
- (optional) 1/4 cup pure aloe vera gel
- (optional) 1 tbsp collagen peptides
- (optional) 15-30 drops of oil
- (optional) 1/2 tsp magnesium sulfate
- (optional) essential oils for scent
- (optional) preservative

Instructions

1. Bring the flaxseeds and water to boil in a pot over medium heat.
2. Let boil for 6 minutes and mix occasionally to prevent the flax seeds from sticking to the bottom of the pot.
3. Once the water has that slimy, mucilage texture, remove from heat and let it cool.
4. If you're using collagen, add it before it cools to prevent clumps from forming.
5. Using a cheesecloth or pantyhose, line a large measuring cup and pour in the contents of the pot.
6. Lift up the cheesecloth and squeeze the flaxseeds to strain the gel into the container.
7. Add in any extras and mix well.
8. Pour into the container and store it in the fridge.
9. Store for in the fridge for up to 2 weeks, or longer if you used a preservative.



Did you make this recipe?



Please leave a comment on the blog or share a photo on [Facebook](#)

© Delilah

CATEGORY: Curly Hair Products

<https://holisticenchilada.com/flaxseed-gel-for-curly-hair/>

Exclusive Member of Mediavine Home