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Hair Gel Recipe

You know that bathroom cupboard where you ran out of your gel yesterday? It's a tragedy. Run frantically to the car.

Wash your hands...Yuck.

Run out of hair product

when you need it. Except maybe not being able to find that one shirt you need for your outfit. *Both are tragedies.*

What if I told you that you could make your own hair gel in minutes with ingredients that are probably in your house right now?



Well, you can. Because I've made my own gel, and it's mornings like today when I'm grateful that I don't have to drive to work with sticky hands. And my husband (who detests DIYs and Christmas Eve Ikea-set-up parties) makes his own gel. *He's a legit DIYer, even though he doesn't want to admit it.*

(<https://www.scratchmommy.com/wp-content/uploads/2016/10/DIY-Natural-Hair-Gel...easier-than-you-might-think-totally-frugal-and-very-effective-Scratch-Mommy.png>).



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But trust a good man to solve a problem. One morning, he didn't have gel, didn't want to buy gel, and got tired of researching ingredients in hair gel. So he just made it.

Don't get me wrong, there's nothing like a nice sticky gel straight from the bottle. But this DIY natural hair gel smells so much better, and doesn't have any toxic chemicals in it. Even the more natural gels often contain chemicals that I'm not a fan of. Chemical (and unnatural) fragrances can give me headaches and make my hands spot up with eczema.

I needed a DIY natural hair gel, and my husband didn't mind making it.

And I don't think you will mind either. It's easy to make, and the ingredients are most likely sitting in your cupboards right now.

If that doesn't get you interested, let me tell you that you can buy a pound of flaxseeds for under a dollar. *That's enough flaxseeds to make at least 10 of these recipes, so the cost of this gel is quite minimal.*

It's a win-win, no matter which way you look at it.

<https://www.scratchmommy.com/wp-content/uploads/2016/10/Beautiful-flax-seeds...for-DIY-natural-hair-gel-Yup-you-betcha-Make-your-very-own-affordable-easy-and-effective-hair-gel-Scratch-Mommy.png>



(<https://www.scratchmommy.com/wp-content/uploads/2016/10/Beautiful-flax-seeds...for-DIY-natural-hair-gel-Yup-you-betcha-Make-your-very-own-affordable-easy-and-effective-hair-gel-Scratch-Mommy.png>).

DIY Natural Hair Gel

Supplies/Ingredients

- ¼ cups Whole Flaxseed ([certified organic flaxseed](https://www.mountainroseherbs.com/products/flax-seed/profile) (<https://www.mountainroseherbs.com/products/flax-seed/profile>))
- 2 cups Purified or Distilled Wa



- 4 drops Lavender Essential Oil ([certified organic lavender essential oil \(https://www.mountainroseherbs.com/products/lavender-essential-oil/profile\)](https://www.mountainroseherbs.com/products/lavender-essential-oil/profile))

Essential Oil ([certified organic ylang ylang essential oil \(https://www.mountainroseherbs.com/products/ylang-ylang-essential-oil/profile\)](https://www.mountainroseherbs.com/products/ylang-ylang-essential-oil/profile))

Essential Oil ([certified organic rosemary essential oil \(https://www.mountainroseherbs.com/products/rosemary-essential-oil/profile\)](https://www.mountainroseherbs.com/products/rosemary-essential-oil/profile))

in a small sauce-pot.

High and boil for ten minutes, stirring occasionally.

cool.

Put in a milk bag, over a bowl and strain seeds from gel. Discard seeds. Stir stir in any, but our favorites are above).

Transfer to a container and store in fridge.

Use for hair care before using for best results, but it can be used immediately (it's just not that long in the fridge).

DIY hair recipes? We have LOADS for you...

- [DIY Hair Gel Recipe \(https://www.scratchmommy.com/diy-hair-gel-recipe/\)](https://www.scratchmommy.com/diy-hair-gel-recipe/) (a twist different than the recipe here!)
- [Benefits Of Ylang Ylang Essential Oil For Your Hair \(https://www.scratchmommy.com/benefits-of-ylang-ylang-essential-oil-for-hair/\)](https://www.scratchmommy.com/benefits-of-ylang-ylang-essential-oil-for-hair/)
- [DIY Color-Boosting Hairspray \(https://www.scratchmommy.com/diy-color-boosting-hairspray/\)](https://www.scratchmommy.com/diy-color-boosting-hairspray/)
- [DIY Strengthening Hair Mask \(https://www.scratchmommy.com/diy-strengthening-hair-mask/\)](https://www.scratchmommy.com/diy-strengthening-hair-mask/)
- [DIY Vitamin C Spray {Neutralize Summer Chlorine in Your Hair} \(https://www.scratchmommy.com/diy-vitamin-c-spray/\)](https://www.scratchmommy.com/diy-vitamin-c-spray/)
- [DIY Herbal Hair Rinses \(https://www.scratchmommy.com/diy-herbal-hair-rinses/\)](https://www.scratchmommy.com/diy-herbal-hair-rinses/)
- [DIY Pumpkin Honey Gelatin Hair Mask Treatment \(https://www.scratchmommy.com/diy-pumpkin-honey-gelatin-hair-mask-treatment/\)](https://www.scratchmommy.com/diy-pumpkin-honey-gelatin-hair-mask-treatment/)
- [Nourishing DIY Hair Oil...no more dry, brittle hair! \(https://www.scratchmommy.com/nourishing-diy-hair-oil-no-more-dry-brittle-hair/\)](https://www.scratchmommy.com/nourishing-diy-hair-oil-no-more-dry-brittle-hair/)
- [Dear Kathie Lee & Hoda \(but mostly Kathie Lee\) – Don't Wash YOUR Hair! \(https://www.scratchmommy.com/dear-kathie-lee-hoda-but-mostly-kathie-lee-dont-wash-your-hair/\)](https://www.scratchmommy.com/dear-kathie-lee-hoda-but-mostly-kathie-lee-dont-wash-your-hair/)
- [Non-Toxic DIY Hair Oil \(an effective hair taming recipe\)! \(https://www.scratchmommy.com/non-toxic-hair-taming-recipe/\)](https://www.scratchmommy.com/non-toxic-hair-taming-recipe/)
- [Natural Dandruff Treatments \(https://www.scratchmommy.com/natural-dandruff-treatments/\)](https://www.scratchmommy.com/natural-dandruff-treatments/)
- [Irritated Skin Scalp Spray \(https://www.scratchmommy.com/irritated-skin-scalp-spray/\)](https://www.scratchmommy.com/irritated-skin-scalp-spray/)
- [How To Do A Dry Scalp Treatment \(With 3 Deep Moisturizing DIY Recipes\) \(https://www.scratchmommy.com/diy-deep-moisturizing-dry-scalp-treatment/\)](https://www.scratchmommy.com/diy-deep-moisturizing-dry-scalp-treatment/)

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[WWW.SCRATCHMOMMY.COM/DIY-NATURAL-HAIR-GEL-RECIPE/#COMMENT-28989](https://www.scratchmommy.com/diy-natural-hair-gel-recipe/#comment-28989)

1/4 whole flax seed :))) Really just a quarter seed??? Is it a 1/4 cup I'm assuming?

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[WWW.SCRATCHMOMMY.COM/DIY-NATURAL-HAIR-GEL-RECIPE/#COMMENT-28993](https://www.scratchmommy.com/diy-natural-hair-gel-recipe/#comment-28993)

rect that it is 1/4 cup. I updated the recipe. Thanks for letting me know and happy DIYing!



Heidi

[OCTOBER 24, 2016 AT 4:10 PM \(HTTPS://WWW.SCRATCHMOMMY.COM/DIY-NATURAL-HAIR-GEL-RECIPE/#COMMENT-29008\)](https://www.scratchmommy.com/diy-natural-hair-gel-recipe/#comment-29008)

Hi

Can you use ground flaxseed and soak in water instead?

Reply ↩



post
author

Anne Turner (<http://www.ourgrainfreelife.com>)

[OCTOBER 24, 2016 AT 6:04 PM \(HTTPS://WWW.SCRATCHMOMMY.COM/DIY-NATURAL-HAIR-GEL-RECIPE/#COMMENT-29009\)](https://www.scratchmommy.com/diy-natural-hair-gel-recipe/#comment-29009)

Heidi! I wouldn't recommend replacing the whole flaxseeds with ground flaxseeds, because it much more difficult to strain the bits and pieces of seeds, leaving you with a gritty hair gel. 😞

Reply ↩



Wendy

[OCTOBER 25, 2016 AT 11:03 AM \(HTTPS://WWW.SCRATCHMOMMY.COM/DIY-NATURAL-HAIR-GEL-RECIPE/#COMMENT-29014\)](https://www.scratchmommy.com/diy-natural-hair-gel-recipe/#comment-29014)

Would love to try this but it says to store in the fridge. My bathroom is upstairs and I can't imagine having to go downstairs every time I needed the gel. Can it be left at room temp for a shorter period?

Reply ↩



post
author

Anne Turner (<http://www.ourgrainfreelife.com>)

[NOVEMBER 10, 2016 AT 2:00 PM \(HTTPS://WWW.SCRATCHMOMMY.COM/DIY-NATURAL-HAIR-GEL-RECIPE/#COMMENT-29065\)](https://www.scratchmommy.com/diy-natural-hair-gel-recipe/#comment-29065)

It can be left at room temperature, but it



tamin E oil to it to help preserver it longer.



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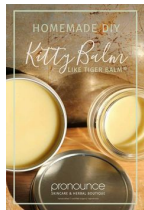
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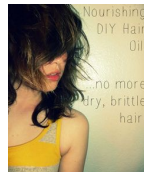
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