

# Sarah's Ramblings

My ramblings about life in Pleasant Hill, working on our house, eating healthy, and all the other fun things I do!

TUESDAY, JANUARY 14, 2014

## Homemade Flax Seed Hair Gel

\*\*\*\*\*Check out my updated recipe on my new blog! This recipe is much better because of the addition of essential oils which help with hair health/growth!

<https://sarahsoilydiy.wordpress.com/2018/11/29/flax-seed-hair-gel/>

With my super curly hair, I've spent a TON of money on various hair products. I finally found something that worked well, but I was spending around \$20 each month on hair products... When I got married, this just didn't fit in the budget, so I started researching how to make my own gel. The gel I'd bought was flax based, so I started there (and never had to look elsewhere). I still need to get slightly better at making each batch consistently the same texture, but it all works. It actually works really really well and I end up spending about \$0.10 a bottle rather than \$8 a bottle! Even though the hold of my homemade gel isn't quite as good as the stuff I used to buy, I can use more since it's so cheap and the end result is the same!

### Homemade Flax Seed Hair Gel


- 2 cups water
- 1/4 cup flax seeds
- 1/2 tsp (ish) vitamin E oil
- essentials oils/scents (I use coconut and passion fruit)
- Nylon knee-high (the cheap ones from the drug store)

1. Put water and flax seeds into a pot and bring to a boil, stirring often
2. Boil for around 10 minutes, or until a white frothy gel like liquid forms
3. Let cool slightly and pour into the nylon knee-high. Squeeze out the gel using tongs
4. Mix in the vitamin E oil and scented oils
5. Store in an air tight container. I find that an 8 oz bottle lasts about a week and is fine to be left at room temperature. I store the rest of the batch in the fridge and use it the following week.


Posted by Unknown at 1:52 PM

Labels: [flax seed](#), [hair gel](#), [homemade](#)

1 comment:

 **Unknown** November 16, 2014 at 11:42 AM  
 If you put the flax seeds in a net before boiling there is no need to strain afterward.  
[Reply](#)

Enter your comment...

 Comment as:

Notify me

### BLOG ARCHIVE

- ▼ 2014 (12)
  - ▶ April (5)
  - ▶ March (1)
  - ▶ February (1)
  - ▼ January (5)
    - [Homemade Frozen Burritos](#)
    - [Homemade Flax Seed Hair Gel](#)
    - [Almond Pulp Macaroons](#)
    - [Almond Pulp Granola](#)
    - [A Little Update](#)
- ▶ 2013 (2)

### ABOUT ME

**Unknown**

[View my complete profile](#)