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# 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
- $\bullet \;$  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 poor 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

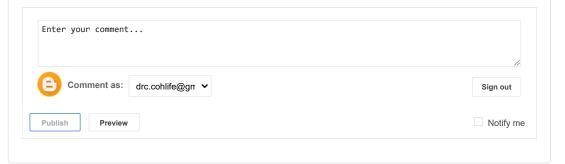
1 comment:



# 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



### **BLOG ARCHIVE**

- ▼ 2014 (12)
- ► April (5)
- ► March (1)
- ► February (1)
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Homemade Frozen Burritos

Homemade Flax Seed Hair Gel

Almond Pulp Macaroons

Almond Pulp Granola

A Little Update

**▶** 2013 (2)

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