

1 5 DIY Alternatives to Conventional Hair Sprays, Mousses, and Gels  
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13 According to the EPA, there are over 10,000 products in your conventional hair  
14 products, and only 11 percent of these products have been tested for safety! You  
15 wouldn't eat a pesticide-ridden apple or hormone-loaded Greek yogurt – so why are you  
16 applying hazardous chemicals and neurotoxins on your hair and skin?!

17  
18  
19 Your internal organs have several ways of eliminating toxins from harming your body  
20 like your liver and excess fat reserves. But chemicals that are applied to the skin  
21 have almost no barrier from entering the bloodstream, making them very dangerous.  
22 Instead of subjecting yourself to loads of chemicals, try any (or all) of these DIY  
23 alternatives to conventional hair care products. You'll get the style you want without  
24 the gross chemicals or carcinogens.

#### 25 Argan Oil Leave-In Conditioner

26 This is one of the easiest conditioners ever! Simply pour ½ teaspoon or pure argan oil  
27 (more or less depending on your hair type and length) into the palm of your hand and  
28 massage into your scalp and hair. Style as you normally would and you'll be instantly  
29 rocking a good hair day. Argan oil has been used for thousands of years as a natural  
30 hair product to tame frizz and nourish dry hair.

#### 31 Molasses Pomade

32 Did you buy some molasses for baking cookies over the holidays, but don't know what to  
33 do with it now? A dab of molasses can create a great hair pomade or wax. Simply dip  
34 your fingers in a little molasses, rub between your hands to generate some heat, and  
35 smooth onto your hair to condition ends and smooth away fly aways. Molasses pomade  
36 works especially great for up-dos where you want every single hair in place.

#### 37 Olive Oil DIY Hot Oil Treatment

38 There's no need to waste time or money on expensive hot oil treatments. Often these  
39 salon procedures use soybean oil or canola oil, which are highly refined and even  
40 toxic. Instead, heat up olive oil for a relaxing hot oil treatment all from the comfort  
41 of your home. Working with hot oils could lead to severe burns if not performed  
42 properly. Read the full tutorial here.

#### 43 Shea Butter Mousse

44 If you've got long, curly hair, it might seem like you can't function without a giant  
45 dollop of mousse after a morning shower. Conventional mousses actually use loads of  
46 alcohol which tend to dry out your hair and promote breakage. Instead, try this  
47 all-natural Shea butter mousse recipe. You can make it in about 10 minutes and have  
48 enough mousse to last for plenty of days at the office or nights on the town.

#### 49 Natural Lemon Hair Spray

50 Hair spray is one of the most toxic hair products out there. Not only does it dry out  
51 your hair, but you also inadvertently inhale many of the chemicals when spraying it on  
52 your hair, especially if you use a non-ecofriendly aerosol can. This lemon hair spray  
53 recipe shows you how to use the power of citrus as a natural hair taming agent for  
54 bounce and style that will last all day.

55  
56 You might have steered clear of natural or DIY hair care products, fearing they were  
57 ineffective and difficult to make. But DIY hair care has never been so simple! There  
58 are loads of tutorials and recipes for simple effective replicas of your favorite hair  
59 sprays, treatments, and other products. What are some of your favorite DIY hair recipes?  
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