



Easy Breezy with Added Honey Pre-poo

Prep Time: 5 minutes

Ingredients

- 1 ½ cup of your favorite commercial conditioner
- 3 oz raw organic honey
- 1 tsp Jamaican Black Castor Oil

Utensils/Equipment

- Small bowl
- Mixing Spoon
- Spray Bottle with Water
- Plastic Processing Cap or Grocery Bag
- Towel

Directions

- Combine all ingredients in a small bowl and mix well with spoon.

Use Instructions

- Section hair into 4 sections.
- On the first section, spritz hair with water until just damp.
- Apply pre-poo to that section, ensuring the full length of all hair strands are saturated (pay special attention to ends). Two-strand twist the section.
- Repeat steps 3 & 4 on the remaining sections.
- Cover hair with plastic processing cap or grocery bag.
- Cover plastic cap with towel and process for at least 1 hour.
- Rinse thoroughly with warm water.
- Shampoo as usual.

Notes

- Any unused portions may be stored in a lidded container for up to 1 month.

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