



Hot Oil Pre-poo

Prep Time: 5 minutes

Ingredients

- 2 oz olive oil
- 2 oz coconut oil

Utensils/Equipment

- Small glass bowl
- Mixing spoon
- Medium microwaveable bowl with some water
- Spray Bottle with Water
- Plastic Processing Cap or Grocery Bag
- Towel

Directions

- Place coconut oil and olive oil a small bowl and mix.
- Place some water in a medium bowl and heat in the microwave for 1 minute.
- Place the small bowl inside the medium bowl, allowing hot water to heat the oils for about 2 minutes.

Use Instructions

- Test a small amount of oil on your wrist to ensure it is not too hot.
- Section hair into 4 sections.
- On the first section, spritz hair with water until just damp.
- Apply oils to that section, ensuring the full length of all hair strands are covered (pay special attention to ends). Two-strand twist the section.
- Repeat steps 6 & 7 on the remaining sections.
- Cover hair with plastic cap.
- Cover plastic cap with towel and process for at least 1 hour.
- Rinse thoroughly with warm water.
- Shampoo, as usual.

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