



# “No Poo” Shampoo

Personal  
Care

## Ingredients

### For the Wash (Cleanser):

- 1 tablespoon baking soda (sodium bicarbonate). I use Bob's Red Mill for its purity
- 1 cup (8 oz) filtered, warm water

### For the Rinse (Conditioner):

- 1-2 tablespoons apple cider vinegar (organic, raw and unfiltered preferred) I use Fairchild's (Bragg's sold out and is no longer the product it use to be).
- 1 cup (8 oz) filtered, warm water

### Optional Add-ins:

- **Essential Oils:** 2-3 drops (e.g., peppermint for a cooling effect, rosemary for hair growth) in either mix for scent and benefits.
- **Honey:** 1 teaspoon in the ACV rinse for added hydration (dissolve in warm water first).
- **Herbal Infusion:** Steep herbs like chamomile (for light hair) or sage (for dark hair) in the water before mixing for a natural boost.



## Equipment

- Two small containers or squeeze bottles (e.g., repurposed condiment bottles)
- Measuring spoons
- *Opt:* A funnel for easy mixing

## Directions

1. **Prepare the Baking Soda Wash:** Mix 1 tablespoon of baking soda with 1 cup of warm water in a container. Stir until the baking soda mostly dissolves. (It's okay if it's slightly cloudy.)
2. **Prepare the ACV Rinse:** Mix 1-2 tablespoons of apple cider vinegar with 1 cup of warm water in a separate container. Stir gently to combine.



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## Application

**Use the No Poo method 1-2 times a week, or as needed**

- **Step 1:** Wet Hair - Thoroughly wet your hair with warm water in the shower.
- **Step 2:** Apply Baking Soda Wash - Pour or squeeze the baking soda mixture onto your scalp, focusing on the roots. Massage it in with your fingertips for 1-2 minutes.
- **Step 3:** Rinse - Rinse the baking soda mixture out completely with warm water.
- **Step 4:** Apply ACV Rinse - Pour the ACV mixture over your hair, focusing on the lengths and ends. Let it sit for 1-2 minutes
- **Step 5: Rinse Again** - Rinse thoroughly with warm water or for extra conditioning, leave in.
- **Dry and Style:** Towel dry or air dry your hair as usual.



## Variations

**Oily Hair:** Increase baking soda to 1.5 tablespoons per cup of water for stronger cleansing. Use 1 tablespoon ACV to avoid over-conditioning.

**Dry or Curly Hair:** Reduce baking soda to ½ tablespoon to prevent over-drying. Increase ACV to 2-3 tablespoons for extra moisture, and consider leaving the rinse in without washing it out.

**Hard Water Areas:** Add a pinch of food-grade citric acid to the ACV rinse to combat mineral buildup.

**Sensitive Scalp:** Dilute further (e.g., ½ tablespoon baking soda, 1 tablespoon ACV) and test on a small area first.

**Dandruff:** Mix 1 tablespoon of baking soda with 1 cup of warm water. Apply to a wet scalp, massage gently for 1-2 minutes, then rinse thoroughly. Follow with an ACV rinse (1-2 tablespoons ACV in 1 cup water) to balance pH and condition. **Frequency:** Use once or twice a week—overuse can dry out the scalp, worsening dandruff in some cases.