

# Everyday Shampoo for all Hair Types

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Gather your ingredients:

## Phase A

- 57% or 342 grams distilled water
- 11% or 66 grams AS40
- 5% or 30 grams Cocamidopropyl Betaine
- 3% or 18 grams Honeyquat
- 3% or 18 grams Glycerin
- 2% or 12 grams Hydrolyzed Quinoa Protein (or Oat Protein)
- 10% or 60 grams Aloe Vera Liquid Extract

## Phase B

- 2% or 12 grams Dimethicone 350 c.s.
- 2% or 12 grams DL-Panthenol Pro-Vitamin B5 Complex
- 0.5% or 3 grams Germall Plus Preservative
- 0.5% or 3 grams of Essential oil (I like Lavender and Peppermint combined)
- 4% or 24 grams Crothix

Test ph-should be about 4.5-5.5

## Instructions:

1. Weigh out ingredients
2. Heat distilled water, set aside (make sure it still measures 342 grams)
3. Gently combine all of the remaining ingredients in **Phase A** together and add to the heated distilled water. Stir slowly with a rubber spatula to not create too many bubbles.
4. In a separate small container blend together the ingredients in **Phase B**, then gently add to Phase A.
5. Make sure that the shampoo is your desired thickness. You may need to adjust the amount of Crothix (thickener) to your liking. I have given you my preferred amount. Remember to readjust distilled water amount so that your formulation still equals 100%
6. Pour into shampoo bottles, leave uncapped until fully cooled.

Makes 650 ml

ONLY use DISTILLED WATER when making any formulation.

I purchased all of these ingredients from Voyageur Soap and Candle, or Windy Point Soap.

I only use Young Living Essential oils for my skincare formulations, you may use any brand of your choice. You may also exclude the essential oils if preferred.

I have linked the ingredients used for your benefit.