



Clay Mask for Curly Hair

Personal
Care

Ingredients

- ½ cup bentonite clay powder
- 6 Tbsp raw apple cider vinegar (ACV) for cleansing and pH balance
- 3 Tbsp optional oil (organic coconut, castor, or sweet almond) for extra hydration
- 3-9 Tbsp water (adjust for consistency)

Equipment

- Glass Bowl (avoid metal and plastic)
- Wooden Spoon
- Shower cap or towel



Directions

1. Pour clay into glass bowl; mix in oil if using.
2. Add ACV, let it settle for 10-15 seconds, then stir in water until thick like Greek yogurt.

Application

- Apply to clean, damp hair in sections—keep a spray bottle handy if it dries.
- Cover with a shower cap or cotton towel for 25 minutes (*opt*: use a hooded dryer for deeper penetration).
- Rinse, cleanse and condition with my no-poo method.

Notes

- Start Slow: Test a small patch first—sensitive scalps may need care.
- Preserve Hydration with my No-Poo Shampoo.
- Enhance It: Pair with GAPS or Nourishing Traditions foods—from my Wise & Wild Way.