

illuminating
articles
[You are beautiful]

Blackstrap Molasses Hair Mask



Many people are aware of the high iron content in molasses, particularly blackstrap, but not many know that it is highest in concentrations of magnesium, an important macromineral. Molasses is also high in vitamin B-6, an essential nutrient for energy production. Calcium, another abundant macromineral found in molasses, is not only responsible for healthy skin, teeth, bones and hair, but absolutely essential for nerve and muscle health.

The thick sweet syrup has also been used by some as a hair tonic, with some supplementers

even reporting hair restoration and color renewal!

Molasses also makes a superb *external* hair treatment. It makes hair shinier, stronger and even richer in color.

Here's how to do it:

Mix well:

1 C blackstrap molasses

1/4 C water

1-2 T of your favorite conditioner (optional)

Apply to dry hair, massaging and making sure to coat the tips. Cover with a plastic shower cap and leave for 15 - 20 minutes. Rinse with water and then use conditioner as needed.

You can do this treatment once or twice a week for a couple weeks, but keep in mind that the molasses will darken hair if done too much. This treatment works for any hair type but blondies beware that it can turn your hair a shade darker.

author: *melissa chappell*

visit me at www.melissachappell.com

a gentler and happier approach to health

Melissa
Chappell
.com