

RECIPE



Looking for a natural and effective way to promote stronger, healthier hair? This DIY Hair Growth Spray combines powerful, nutrient-rich ingredients that nourish the scalp, strengthen hair follicles, and encourage growth. Packed with antioxidants, minerals, and soothing properties, this spray is an easy addition to your hair care routine.

Hair Growth Spray

Ingredients

2 Tbsp. white rice
1 cup water
2 cinnamon sticks
5 cloves
2 sprigs of rosemary

Instructions

Soak the rice in water for 1 hour.
Transfer the rice and its soaking water to a pot. Add the cinnamon sticks, cloves, and rosemary.
Bring to a boil, then reduce to low heat and cover. Simmer for 20 minutes.
Turn off the heat and let the mixture cool completely.
Strain the liquid and pour it into a clean spray bottle.

How to Use:

Spray onto your scalp and hair roots twice a day. Massage gently to improve absorption. For best results, use consistently and store in the refrigerator for up to one week.

Why These Ingredients Work for Hair Growth

- **White Rice:** Packed with amino acids, vitamins, and inositol, it strengthens strands, enhances elasticity, and repairs damage.
- **Cinnamon Sticks:** Boosts scalp circulation, stimulating follicles for growth.
- **Cloves:** Rich in antioxidants, they strengthen hair and reduce hair fall.
- **Rosemary Sprigs:** Promotes circulation, reduces hair loss, and supports new growth.

Yours to Artful Eating,

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