



16 ounces



20 minutes



## rosemary beach wave hair spray

### ingredients:

- 1/2 cup hot water
- 1/2 cup warm water
- 2 tablespoons Epsom salt
- 1/2 teaspoon Himalayan pink salt
- 1/4 cup rosemary infusion
- 1 teaspoon aloe vera gel
- 10 drops organic rosemary essential oil

### instructions:

1. Put 1/4 cup rosemary leaves {fresh or dry} in a mason jar. Cover with 1/2 cup almost boiling water. Cover with lid and let infuse for at least 20 minutes to overnight. The longer it sits, the stronger the infusion.
2. When you're ready with your rosemary infusion, heat the other 1/2 cup of water until warm enough to dissolve salt.
3. Transfer warm water into a mason jar, add salts, close tightly with lid and shake to dissolve salts.
4. Let the mixture sit about 15 to 20 minutes. While waiting, strain rosemary infusion and save liquid.
5. Add the rosemary infusion, aloe vera gel, and rosemary essential oil to the salt solution. Put lid on and shake well to blend.
6. Pour into spray bottles. Store spray bottle in a cool, dry place. Store extra spray liquid in a mason jar in the fridge until ready to use.
7. Shake well before each use. Spray on damp hair, scrunch and let air dry.

### the cuisine of health

- Rosemary is a brain tonic that enhances cognition. It also...
  - improves concentration, memory and focus.
  - eases headaches and migraines.
  - improves circulation and boosts heart health.
  - helps in the digestion of fatty and protein-rich foods.
  - is highly antiseptic and anti-inflammatory.