

D.I.Y.

Do It Yourself

Baking Soda Shampoo

The awesome ways to [save money with baking soda](#) extend to shampoo as well. Baking soda is the household product that I buy in gigantic, 5 lb. bags from Costco and boy does it go fast. I use it for everything, including shampoo!

The biggest benefit to using baking soda is that it really helps get rid of the buildup that settles on your scalp from other hair care products. But, you have to rinse with vinegar if you want your hair feeling as light and fluffy as it always does. Alone, baking soda has a tendency to dry hair out.

Here's what you do:

- Mix 1/2 cup baking soda with 3 cups water (this will make enough for several washings). Store in a plastic or glass container. You can also make it one serving at a time. Mix 1 Tablespoon of baking soda with 1 cup of warm water.
- When you're ready to use, shake and apply to your scalp, scrubbing it in.
- After you've scrubbed your scalp with the baking soda, rinse with 1/2 cup of apple cider vinegar (or regular white vinegar for a lighter smell). You can also use 1 Tablespoon of vinegar mixed with 1 cup of water for a lighter mixture.

Keep in mind that there are as many natural shampoo recipes as there are people experimenting. You might need to play with proportions before you find a combination that works great for your hair.

Tip: It might take two weeks or more for your hair to "settle in" to being washed with baking soda and vinegar. The reason is because right now, your commercial shampoo (and daily washing) strips your scalp of natural oils. When you go natural, your hair might feel greasy or thick as your body adjusts. Stick it out! It's also best not to wash your hair every day, whether you're using natural shampoo or not. Washing every other day will help keep your hair and scalp healthy.

Read more: <http://www.moneycrashers.com/how-to-make-your-own-shampoo/#ixzz2RruwrM00>