

# ROSEMARY SPRITZ

LET'S MAKE YOUR HAIR GROW & GLOW



## Time For Some D.I.Y!

### Ingredients List

- 2 Large Rosemary Sprigs
- 3 Cups Water

### Utensil List

- 1 Large pot for boiling - I favour my cast iron pot!
- 1 Spritz Bottle
- 1 Funnel
- 1 Cheese Cloth or Filter

## Method

- Pour 3 cups of water into the pot and bring it to a rapid boil.
- Once the water reaches a boiling point, turn off the heat and add the rosemary sprigs. Cover the pot with a lid.
- Let the mixture sit and cool for at least 1 hour, until the water turns light brown and reaches room temperature.
- Using a funnel with a filter or a cheesecloth, carefully transfer your rosemary water into a spritz bottle.
- Enjoy your homemade hair magic!



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## THE ORGANIC STYLIST

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LET YOUR HAIR GROW AND GLOW!



### The Magic Of Rosemary

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Native to the Mediterranean region, Rosemary has been used for centuries in cooking, medicine, and beauty products.

It contains antioxidants and anti-inflammatory properties that stimulate hair growth and reduce hair fall. Additionally, it helps reduce scalp inflammation and improves blood supply to hair follicles, strengthening the hair. It can also address other hair issues such as split ends and dandruff control.



Another great benefit of rosemary for hair is its ability to enhance shine. It removes product buildup, allowing your natural shine to come through. Additionally, rosemary smooths the hair cuticle, preventing rough and lifted cuticles. Since hair cuticles are patterned like shingles on a roof, lifted cuticles can dull shine and create a rough texture. Smooth cuticles, on the other hand, make hair look shiny and healthy!

## The Organic Stylist

#### GENERAL DISCLAIMER

THE INFORMATION PROVIDED ON THIS PRODUCT AND ITS USAGE IS FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. RESULTS MAY VARY FROM PERSON TO PERSON.

#### PATCH TEST

BEFORE USING THIS PRODUCT, WE RECOMMEND CONDUCTING A PATCH TEST TO CHECK FOR ANY ADVERSE REACTIONS. APPLY A SMALL AMOUNT OF THE PRODUCT TO A DISCREET AREA OF YOUR SKIN AND WAIT 24 HOURS. IF ANY IRRITATION OR ALLERGIC REACTION OCCURS, DISCONTINUE USE IMMEDIATELY.

#### PROFESSIONAL ADVICE

THE INFORMATION PROVIDED HERE IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE OR TREATMENT. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR OTHER QUALIFIED HEALTH PROVIDER WITH ANY QUESTIONS YOU MAY HAVE REGARDING A MEDICAL CONDITION.

