



How to make an Oil Bath

Natural Oils used:

Aloe Oil, Castor oil, Olive Oil

1. Hair is gently massaged with your fingers before starting the oil bath
2. Wrap the hair with a towel that has been wetted with hot water and squeezed
3. Add the oil to the hair and rubbed by using your fingers
4. Leave the oil on your hair for 4 hours
5. Wash your hair with shampoo then dry it