

Spa Hair and Scalp Ritual Workshop Notes



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The background to Spa Hair and Scalp Rituals?

For centuries Asian women have used fresh fruit, herbs and plants as a beauty treatment for their hair and scalp. In fact, there is a history of recipes used to make natural nutrient enriched hair cleaners and conditioners.

Many recipes that are used in spas come from home care tips passed down from generation to generation. That's why we are proud to share these wonderful washes, conditioners and treatments with you so you can try them for yourself at home. It is said that your hair speaks volumes about your health; ancient philosophy says that when ch'i flows through the body, the hair will appear healthy and lustrous. Taking time out for yourself will encourage your mind body and spirit to feel nurtured and cared for.

It is important to use ingredients that are cleansing and nourishing for the hair and scalp and to use lukewarm water when rinsing.

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