

Welcome to your practical guide to natural powders and oils 🌿 Whether you are a beginner or already familiar with natural care, this guide will help you understand your skin and hair type, choose the powders and oils that suit your needs, and discover tips and tricks you can start using today. Want to go further? Download the full PDF guide for all recipes, tips, and detailed instructions. All ingredients for these recipes are available in our shop.

Mini Practical Guide: Immediate Tips

1. Natural powders for your hair type Oily hair: Sidr or Shikakai powder to regulate sebum and gently cleanse Dry hair: Amla or Rhassoul powder to nourish and strengthen Normal hair: Sidr powder for regular maintenance Sensitive or irritated hair: Neem powder or mild Rhassoul to soothe and cleanse without irritation
2. Natural oils for your hair and skin type Sensitive skin/hair: Milk thistle oil or sweet almond oil – light and non-irritating Dry skin/hair: Argan or coconut oil to nourish and repair Oily skin/hair: Hazelnut or jojoba oil to regulate sebum production Normal skin/hair: Argan or coconut oil for weekly maintenance
3. Practical tips for effective use Always perform a patch test on a small area before using Adjust the frequency according to your hair and skin type Mix powders and oils to create personalized treatments Store your powders and oils away from moisture and light

Discover all recipes, tips, and full details in the complete guide.