

Hello everyone. Before you get started ask a parent or carer for permission. This could get messy quickly!!

The nutty banana hair treatment.



2 Ripe Bananas



Half a cup of coconut milk

Method:

1. Put the two bananas and the half cup of coconut milk in the blender and wizz until smooth.
2. Apply to hair and leave for 30min.
3. Wash out with shampoo.

Easy Coconut!



Coconut oil is a fantastic moisturiser! You can take a small amount and give each other hand or foot massages.

Coconut oil is also good for your hair. A small amount rubbed in your palms and then applied to your hair, leave it on for as long as you like and then wash as normal in the shower.