

## HAIR BELOW – BETTER TOMORROW!

The air Below can be very drying for one's hair. That's why, when Mary is asked by a Helper what she might personally find useful, she often asks for coconut oil.

Coconut oil is a wonderful moisturizer for hair, and you don't have to live Below to get the benefits from it! Simply take a small amount of coconut oil (no more than a tablespoon – less if you have short hair) and warm it. Mary uses her brazier but you could use your microwave. Massage it into your hair, paying attention to split ends, but try to avoid getting it deep into your roots. You only want the dry parts moisturized, after all! Cover your hair with a shower cap or hair wrap, and let the oil work on your hair as you sleep or, if you'll be home all day, while you go about your day. Shampoo as usual the next morning (or in the evening, if you've had it on all day). Your hair will be shiny and repaired!

But what if your problem is fly-away or frizzy hair? Then use a tiny drop of castor oil! Just warm up a drop between your palms and slide it across your hair for instant smoothing.

Mary has also noticed her hair thinning a bit as she enters later middle age. When there are extra eggs, William gives her one for this recipe.

One egg yolk

A tablespoon of honey

One banana

One tablespoon of olive or coconut oil

Mash the banana with the other ingredients until well mixed. If you have a little conditioner, you can add a bit to the mix. When it's smooth, put the mixture on your hair and let it do its work for half an hour or so, then rinse out.

*You may notice that Good Housekeeping Magazine has picked up on Mary's home treatments!*