BEAUTY

Instant Volume

epsom salt hair volumizing spray

Epsom salt can be a great natural remedy for adding volume and texture to your hair. It helps to absorb excess oil, create volume, and enhance the overall body of your hair without weighing it down.

Ingredients

- Epsom salt
- Shampoo or conditioner
- Water (optional)
- A spray bottle (optional)

Instructions

1. Shampoo or Conditioner Mix:

For a volumizing hair treatment, add 1–2 teaspoons of Epsom salt to your regular amount of shampoo or conditioner. You can also mix it into a small amount of water to create a DIY volumizing solution.

2. DIY Volumizing Spray (Optional):

Mix 1 tablespoon of Epsom salt with 1 cup of warm water in a spray bottle. Shake well to dissolve.

How to Use

1. Shampoo/Conditioner Method:
- Apply the mixture of Epsom salt and shampoo (or conditioner) to your wet hair, gently massaging it into your scalp and hair for 1-2 minutes.
- Rinse thoroughly. The salt helps remove excess oil, giving your hair a lighter, fuller feel.

2. Volumizing Spray Method:
- After washing and towel-drying your hair, spritz the Epsom salt-water solution onto the roots and mid-lengths of your hair.
- Scrunch or lightly massage it into your hair for extra texture and volume.
- Allow your hair to air dry or use a blow dryer for added lift.

Epsom salt works by adding texture and absorbing excess oil, helping to enhance the natural volume of your hair. Use this treatment once a week for optimal results.