

**Avocado Hair Mask**  
**By Kim Erickson, Author of**  
*Drop Dead Gorgeous: Protecting Yourself From The Hidden  
Dangers of Cosmetics*



This do-it-yourself, nutrient-rich recipe gives dry, damaged hair the deep conditioning it craves.

1/2	Ripe avocado, mashed
1 teaspoon	Avocado oil
5 drops	Rosemary essential oil

Combine all ingredients in a small bowl. Massage into clean, wet hair, making sure you coat each strand. Cover with a plastic shower cap and relax for 30 minutes. Rinse the mixture out of your hair with warm water, then shampoo as usual. Yield: 1 application.

(Excerpted from *Green Living: The E Magazine Handbook for Living Lightly on the Earth*).