Avocado & Honey Conditioning Hair Mask



Ingredients

1 avocado

Olive oil or coconut oil

Raw honey

Preparation

1. Slice the avocado in half, pit, then scoop out the inside flesh into a large mixing bowl.
2. Add 2 tablespoons of olive oil or coconut oil (I prefer coconut oil).
3. Add 2 tablespoons organic raw honey. Mix together until smooth.
4. Apply to hair. Put on a shower cap.
5. Let sit for 60 minutes. Meanwhile munch on some fresh guacamole with tortilla chips!

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6. Rinse!