

Ambunu Shampoo and/or Detangler

In Africa, this hair cleanser is crafted from a fusion of African herbs and plants, simmered into a syrup. Traditionally employed as a hair conditioner to infuse moisture, it also serves as a versatile hair cleanser. The preferred application method for Ambunu, widely embraced, is outlined below.

1. Combine $\frac{1}{4}$ cup of Ambunu leaves with one cup of hot water. Stir and let it steep for 20 minutes.
2. Stir the solution once more, eliminating the leaves and squeezing out any surplus juice into the solution. This yields an oily-textured solution, making Ambunu an ideal detangler.
3. Apply the Ambunu solution to your hair, serving as a detangler or shampoo.
4. Allow the Ambunu solution to remain in your hair for 2-5 minutes before rinsing it out.

For optimal results, it is recommended to wash the hair with Ambunu at least three times per week. The Ambunu hair cleanser or strengthener should not be left in the hair for more than 15 minutes, though it can be used more frequently if necessary.

After applying the hair cleanser or strengthener, ensure that the hair avoids contact with any surfaces until it has been thoroughly washed and dried using shampoo and conditioner as needed.

Be cautious as the Ambunu solution may lightly stain clothing or carpet; take care to prevent the solution from dripping onto fabrics, or consider placing plastic protection before giving your hair the full treatment.

It is advisable not to use this hair cleanser or strengthener on sensitive skin areas unless it is substantially diluted with water.

Caution: This product may contain tree nuts. May cause allergic reactions in some individuals, small test in hair and skin is recommended.

Ambunu Infused Oil

Infusing Ambunu herbs in oil is a straightforward process that allows the oil to absorb the beneficial properties of the herbs. Here's a simple guide on how to infuse Ambunu herbs in oil:

Ingredients:

- Dried Ambunu leaves or powder
- Carrier oil of your choice (e.g., coconut oil, olive oil, jojoba oil)
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Instructions:

1. Choose Your Carrier Oil:

- Select a carrier oil that suits your preference and hair type. Common choices include coconut oil, olive oil, or jojoba oil.

2. Prepare Ambunu Herbs:

- If using dried Ambunu leaves, crush them to enhance the infusion process. If using Ambunu powder, no additional preparation is needed.

3. Combine Herbs and Oil:

- In a clean, dry glass jar, mix the crushed Ambunu leaves or powder with the carrier oil. Ensure that the herbs are fully submerged in the oil.

4. Warm the Oil:

- To speed up the infusion process, you can gently warm the oil and herb mixture. Use a double boiler or place the jar in a warm, sunny spot for a few hours. Avoid overheating, as high temperatures may diminish the efficacy of the herbs.

5. Infusion Period:

- Allow the Ambunu herbs to infuse in the oil for at least two weeks. You can extend the infusion period for a more potent result.

6. Shake the Jar:

- Shake the jar every day to ensure that the herbs are consistently in contact with the oil, promoting a thorough infusion.

7. Strain the Oil:

- After the infusion period, strain the oil to remove the Ambunu leaves or powder. You can use a fine mesh strainer or cheesecloth for this process.

8. Store the Infused Oil:

- Transfer the strained oil into a clean, dark glass bottle. Dark glass helps protect the oil from light, preserving its quality. Store the infused Ambunu oil in a cool, dark place.

Now, your Ambunu-infused oil is ready for use. You can apply it to your hair and scalp as a nourishing treatment or use it in various hair care recipes. Always perform a patch test before using any new oil on your skin or hair to check for any adverse reactions.