

# Apple Cider Vinegar Benefits

## THE BENEFITS OF ADDING APPLE CIDER VINEGAR TO YOUR HAIR REGIMEN

**Apple Cider Vinegar** (ACV) has long been used as a natural hair care product to promote healthy hair in both men and woman. Its acidity is close to that of natural hair, it's a good conditioner and cleaning agent and it's also an effective germ killer.

As a result, apple cider vinegar uses and benefits for the hair include:

1. **Hair Cleanser and Removal of Product Build-up**
2. **Relief of Dandruff and Itchy Scalp Treatment**
3. **Preventing Hair Loss**

Hair is on the mildly acidic side of the pH scale and has an ideal pH of 4.5 to 5.5, which is close to that of an apple cider vinegar rinse (pH 2.9). On the other hand, many of the hair care products we use, such as shampoos, bleaches, and hair colors are strongly alkaline. Rinsing with apple cider vinegar will help balance the pH of your hair and remove the buildup that can result from the use of styling products and inexpensive shampoos. Rinsing will also close the numerous cuticle scales, which cover and protect the surface of each hair shaft. This imparts a smoother surface which reflects more light and as a result leaves your hair shinier, smoother and easier to manage.

Many customers have asked our company to make an ACV Rinse, to which I reply, "WHY?"...Especially when you can make your own, much cheaper and even healthier than any company could. So here is a simple recipe to get you started.

Make your own healthy after-shampoo hair rinse by mixing 1/3 of a cup (75 ml) of [Bragg's Organic Apple Cider Vinegar](#) (this is a great deal for 3 bottles) into a quart (1 liter) of water. You can then store this mixture in a plastic bottle and keep it ready for use. Apply the vinegar rinse after shampooing and then rinse it all out, or for extra conditioning, you can leave the rinse on your hair. Don't worry about the slight vinegar smell you will notice after rinsing. It will disappear completely as your hair dries. The rinse can be used once or twice a week or more often as needed to remove product build-up.

Catch you later,  
Yolanda, Crown-n-Glory CEO