Coconut Oil Massage

Emily Santos

When I was a child, my mother used to take a coconut and grind it. Then she would put the ground coconut in a clean, thin sock to take the oil out of the coconut.

After my mother washed my sisters’ and my hair, she would place some of the coconut oil on her hands and put it on our hair. She then massaged the oil into our scalp, which I loved as a child.

When she was finished, she put our hair in a ponytail.

Emily Santos was born in Brooklyn, NY. She studies at the Department of Education, Office of Adult Education, Alternative Education Complex, School 4 in New York City. She worked as a medical receptionist for 12 years.

Mom’s Homemade Hair Care Product

Victor Marrero

My mother used to comb my sister’s hair. My sister’s hair was tangled and uncontrollable until one day my mother tried a new recipe that included different ingredients: mayonnaise, avocado, one whole egg, and tinfoil.

Once a week my mother used these ingredients to make my sister’s hair shiny, clean, and soft with no tangles. If you don’t have the funds to go to a hair salon, you can try this on your hair.

Here are the ingredients my mother used:

- 2 spoonfuls of mayonnaise
- 1/2 of an avocado
- 1 whole egg
- Tinfoil for wrapping

Mix all the ingredients in a bowl, then take a handful and spread the mixture all over your head. Wrap the tinfoil. Wait 5-10 minutes, then rinse with warm water.

Your hair will look shiny, clean and you will have no more tangles. By doing this at least three times a month, you will smooth out the tangles in your hair.

Victor Marrero is a student at the Department of Education, Office of Adult Education, Alternative Education Complex, School #4 in New York City. He is attending school so he can become a school safety officer.