

EURO OIL: HAIR & SCALP THERAPY

Euro Oil is an all natural, holistic blend of eighteen different oils that benefit the hair and scalp.

How to Use Euro Oil

Euro Oil is one of the most versatile Morrocco Method products. It restores proper pH balance of the scalp and stimulates the sebaceous glands. Not only is it a conditioning treatment for your hair, but it can be used on the face and body as a moisturizer. For optimum care and holistic maintenance of our hair, we recommend a Euro Oil treatment once or twice a month, and then weekly or bi-weekly treatments during peak summer months.

Daily Use:

Massage a few drops to dry hair and skin for an instant moisturizing treatment. Follow up with the Blood of the Dragon Styling Gel to seal the oils into the hair cuticle for an all day hydration and frizz control.

Day Treatment:

Apply Euro Oil liberally to scalp and massage with our all natural rubber Scalp Massager or fingers. Optionally, you can then brush the oil through your hair with one of our Boar Bristle Brushes, for complete coverage. Leave it in for 30 minutes and up to several hours.

Night Treatment:

Apply Euro Oil liberally to scalp and massage with our all natural rubber Scalp Massager or fingers. Optionally, you can then brush the oil through your hair with one of our Boar Bristle Brushes, for complete coverage. Cover your hair with a silk or satin night cap, or protect your pillow with a towel.

Warm Oil Treatment:

If you wish to have a warm oil treatment, do NOT directly heat the Euro Oil, as this will ruin its vitality. After application, sit in the sun for 5 minutes to naturally warm the oil in your hair. Alternatively, you can wrap your head in a dry towel, or use a plastic shower cap to keep the heat around your head. You can also dampen a towel and heat it in the microwave for 30 seconds, then wrap it around your head.

Swimming Protection:

Chlorine-disinfected pools can be very damaging to the hair. Apply Euro Oil and wear a swim cap to prevent the hair from absorbing harsh pool chemicals. At the very least you should wet your hair with fresh water to prevent any more absorption.

Swimming in the ocean is beneficial, as sea water is full of trace minerals. But it can be very drying, or you may be in an area with high environmental toxins, so apply Euro Oil at your discretion.

Other Uses for Euro Oil

Euro Oil is very versatile and can replace many chemical cosmetics.

Skin Moisturizer

Apply to dry skin for instant moisturizing. Great for under eye treatments,

Makeup Remover

Apply a few drops to a cotton ball and swipe over makeup to remove.

Foot Treatment

Massage into rough heels and calloused feet before bed. Cover with thick socks.

Massage Oil

Apply Euro Oil before a massage to reduce friction and moisturize skin.

Strengthen your Nails

Rub a drop into your nails and cuticles to promote nail health.

Words From the Hair Shaman

Natural hair oil treatments have been practiced throughout the world for thousands of years, beginning with ancient cultures. They are an excellent regimen for optimal care and maintenance of your hair. Natural hair oils that have not been contaminated or destroyed by chemical processing have a nurturing, stimulating effect on hair follicles and scalp. They cultivate healthy growth and luster of your hair.

I like to wear a ski cap to bed when I oil my hair for the night. This keeps the *chi* energy contained in my crown chakra. It is a very energizing experience, especially on cool nights.

Any shampoo you use contributes to drying out hair because washing always removes some natural oils. This is compounded by additional drying factors: improper diet, emotional stress, and the heat of the peak summer months, which all disturb the natural pH balance of your hair.

Speaking of seasonal weather, during the summer months it is important that be mindful of the sun! Those with hair thinning and scalp problems to keep their heads covered when exposed to the sun for any extended periods of time. Afternoon rays can especially burn your scalp, incinerating new hairs and adding dryness. Never use sun block on your scalp and hair, as it will clog your follicles and inhibit hair growth. During the winter, the scalp produces more sebaceous oil, so don't need to condition with Euro Oil as often.

For more information, please read Anthony Morrocco's eBook *Awaken Your Roots: Secrets of the Master Hair Shaman Revealed* available at: morroccomethod.com/awaken-your-roots