Outdoor Family Fun:

Conker Shampoo

It's conker season, what do you do with yours? Instead of leaving them to go wrinkly why not try making conker & coconut shampoo!



Conkers, the nuts from the horse chestnut tree, are full of saponin.



Saponin is a soap like substance - it cleans! Cut 20 conkers into 1/4's.



Add 500ml of water, bring to boil & simmer with lid on for 25mins.



Drain & reserve liquid. You can freeze it now for later use, or.....



Add 1 can of coconut milk & mix then refrigerate till cool.



Bottle & use within a month. Essential oils can be added if desired.

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