

**Transcript for DIY hair mask**

Hi there! My name's Sophia and this video is for the British Council LearnEnglish Teens website and their YouTube channel. In today's video I'm going to be showing you how to make a very cheap and easy hair mask. I'm sure that 90% of you will have these two ingredients already in your house. This hair mask is perfect if you live in a hot or dry climate or if, like me, you have drier-textured hair. So my hair is naturally curly and very dry and recently in Italy the weather has been very strange – the air has been very dry and there's not a lot of humidity but it's definitely sucked out a lot of moisture from my hair. But don't worry, we're about to fix that, so sit tight and enjoy the video!

OK, so to start off, you're going to need some hair of course and an old T-shirt or a jumper that you don't mind getting dirty. Our first ingredient for this hair mask is olive oil. Try to use extra virgin olive oil if you can. Olive oil is a natural moisturiser that has been used throughout history. It helps to stop your scalp from becoming dry and flaky. You can use other natural oils, such as castor oil, garlic oil and coconut oil; all of these have lots of vitamins and are great moisturisers.

Our second ingredient is honey. Honey is not only good and sweet to eat but it's also really good for your hair because it helps to lock in moisture.

Make sure you lay some newspaper around the surface you are working on because this recipe can get a little bit messy! I start by adding one tablespoon of honey to our bowl. Next I add two tablespoons of extra virgin olive oil to the bowl and mix it well until it is a liquid thickness. The ratio for the hair mask is 2:1. I have very short hair, so if your hair is longer or thicker you can double this recipe.

I'm adding the hair mask to dry hair with my hands because it is easier to stick to your hair this way and also you can apply it throughout your whole head. Once you've finished applying the hair mask, wrap your hair in cling film or a plastic bag to stop the mask from dripping onto your clothes.

Then you can leave the mask for as long as you like. I usually leave mine for at least an hour. While I'm waiting, I usually read a book or surf the internet.

So that's it! How easy was that? I hope you enjoyed this video and please let me know in the comments below if you do try out this hair mask. And of course, if you do have your own recipes then please share because I'm always looking for ways to add some moisture and some shine back into my curls. I hope you're having a lovely day wherever you are and until the next one, goodbye!