ARTISAN'S NAME: Isabelle de Calais--- Maridith Smith

Include both your SCA name and mundane name.

TITLE OF PROJECT: Medieval Dry Shampoo

What is this item? Is it related to a particular time period, culture, or geographical area?

BASED ON: The Trotula #248 Hair Powder

Provide the name (and author, if known) of the original period source document (recipe-book, instruction manual, etc.).

THE ORIGINAL:

Copy the original recipe into this blank. If you have attached a photocopy or printout of the the recipe to this form, or have brought a copy of the book to display with your work, please use this blank to indicate where the source document can be found (attached, or on which page of the book).

"But when she combs her hair, let her have this powder. Take some dried roses, clove, nutmeg, watercress, and galangal. Let all these, powdered, be mixed with rose water. With this water let her sprinkle her hair and comb it with a comb dipped in this same water so that [her hair] wil smell better. And let her make furrows in her hair and sprinkle on the above mentioned powder, and it will smell marvelously. " (pg 114)

The Tortula was written as a medical treatise in the 11th or 12th century by a female medical practictioner just South of Naples in Salerno. The book was widely translated and circulated through the 15th century. In the 16th century, medical practitioners started publishing improvements on the recipies. Green in her work sourced the pre 16th century texts.

MY VERSION:

Include a list of the materials you have used (and, if necessary, why you have chosen to use what you've used). Describe the procedure you have used to make this item; if you have used modern tools or techniques, you can explain why you've chosen to use them. You can also discuss what you'd do differently if you decided to make this again.

After cross referencing the ingridients listed above with thier scientific modern names in the books appendix sorced incredients which are still avalable under these names.
I used dried cabbage rose buds from last summer, whole clove, whole nutmeg, powdered watercress, and powdered galangal. I powdered the whole cloves and rose pentals seperately by hand in a mortor and pestel. I grated the nutmeg using a modern microplane. Each ingredient was measured out as 1/2 oz and placed on a plate. I mixed all ingredients together in this small plate and sprinkled the mixture with some rose water to help sents meld. I then let the powder dry completely before placing in a jar for use.

When using I comb my hair with a double sided wood comb which was popular at the time and rose water which removes any dandrif or debris in my hair. Then part hair and sprinkle in the powder with your fingers and comb through. This process not only sents the hair but removes grease from the hair. You will want to comb hair through until you have removed any larger pieces of rose petal or clove.

After process hair has texture, body, and smells like a spicy and floral. Can be used frequently to keep hair clean.

SOURCES:

Provide a bibliography or list of the books, websites, and other sources you have used for researching this project, getting guidance on how to make it, and so on. Be sure to include the book or website where you found the recipe, too!

Egan, Geoff, et al. Dress Accessories, C. 1150 - C. 1450. Suffolk UK, Boydell Press, 2002.
Green, Monica. The Trotula: An English Translation of the Medieval Compendium of Women ' s Medicine (The Middle Ages Series). Edition Unstated, University of Pennsylvania Press, 2002.

Feel free to attach additional information, especially a photocopy or printout of the original recipe or instructions, or even some "work-in-progress" photos!