

Top 10 Home Hair Remedies

Hair is often considered our crowning glory, for women and even men too. But, what happens when that crown is tarnished by the environment, stress, chemicals, genetics or just plain bad luck? What you don't know about hair can further damage it. Before you go out and buy a shopping cart full of shampoos and other hair care products, try a few home hair remedies for your mane ills.

The Skinny on Hair

Ever wonder what your hair is made of and why it looks the way that it does? Hair grows out of the scalp but what we see is actually made up of dead protein. What? Yes, it's true.

Hair grows from follicles found in the skin. It is the follicle that is nourished not the actual hair itself once externalized. The hair bulb has a blood supply. Sebaceous glands lubricate each hair follicle. The hair matures through a process called keratinization. Hair cells fill with protein and lose their nucleus. Without a nucleus they are technically dead proteins that emerge through the skin like we mentioned above.

So, the goal with hair is to keep it looking shiny and manageable. That's all anyone wants. Your hair can look terrible on the outside (bad hair day) but still have healthy follicles.

Types of Hair Problems



- Chlorine (swimming pools)
- Using too much heat on your hair

There is more than one way to have a bad hair day. What is causing yours? We'll attempt to address the most common causes of hair issues.

Does your hair feel as dry as tumbleweeds? Dry hair is brittle, dull looking and doesn't hold a hair style very well. There can be many causes:

- Over processing with perms and relaxers
- Hair dyes
- Shampooing too often

Dry hair needs moisture, but putting it back in the right way makes all the difference.



Does your hair look like you stuck your finger in a light socket? Then, you are a victim of frizzy hair. Your hair is bouncing but not behaving. You experience flyaway strands along with some dryness especially with curls.

Oily hair is as limp as a noodle. Sebaceous glands could be overproducing. It could also be that you are using the wrong shampoo that doesn't remove enough of the oil to prevent hair from being weighed down. The oils could leech out onto your skin and lead to acne and pimples.

Dandruff is the embarrassing hair condition that often shows when you wear dark clothing. Those white flakes can give others a bad impression of you. It could result from an overly dry scalp condition called seborrheic dermatitis, psoriasis, eczema or other condition. The result is the same, telltale flakes when you run your hands through your hair or brush it.

Top 10 Home Hair Remedies

No matter what your hair condition or hair type, there is a home remedy that you can start with to treat your symptoms.

1. **Eggs** – They aren't just for eating. Use raw egg as a conditioner for all hair types. When the hair is conditioned, that means that it has the right amount of oil lubricating the follicle. The scalp is also nourished to help prevent dry scalp flaking. Egg yolks alone are great for dry hair while egg white is perfect to help oily hair.



2. **Oil your scalp** – For itchy and dry scalp, try 2 tablespoons each of olive oil, lemon juice and water. Shake well and massage into wet hair. Use the treatment before shampooing.



3. **Honey** – Honey has many uses for the human body and hair is no exception. This sweet bee potion is also a humectant, meaning it helps to hold in moisture. Massage about $\frac{1}{2}$ a cup of it into your wet hair and let sit for about 20 minutes. Wash out with warm water.



4. **Avocado and mayo** – Mix the two to make a conditioner for frizzy hair. Create a paste with about $\frac{1}{2}$ cup of avocado and double that of mayonnaise. Apply thoroughly to the entire head of hair and cover with a plastic cap for 20 minutes. Sit under a hood dryer or wrap a hot towel around your head. Wash it out.



5. **Beer** – Who knew that it was a great rinse for frizzy and dull hair? Beer is made from hops, a plant. When applied to hair, it moisturizes with its nutrients. Let it sit on your hair and then wash out with cold water.



6. **Wash with baking soda** – Instead of using shampoo, apply baking soda to your scalp and rub well. Rinse out and dry. After a few weeks natural oils should start to be produced that will nourish the scalp to produce fewer if any flakes. Then go back to shampoo.



7. **Lemons** – They have many uses including a hair rinse for itchy scalp and dandruff. Squeeze the juice of half a lemon on your scalp and massage it in. Add a teaspoon of lemon juice to a glass of water and rinse the hair thoroughly. With daily use, dandruff should disappear in no time. Add lemon juice and aloe Vera gel to your shampoo to fight oily hair.



8. **Apple cider vinegar** – Use it as a rinse for oily hair. Wash with baking soda and water but rinse with $\frac{1}{2}$ cup of apple cider vinegar to one cup of water.



9. **Carbonated water** – Use it as a rinse for frizzy hair. The lower pH of the water reduces the frizz. You can purchase carbonated water or make your own with a soda siphon.



10. **Salt** – Pour it directly on your scalp and scrub thoroughly but gently. The abrasive salt will remove dry flaky skin before you shampoo making your efforts more effective for reducing dandruff.



No matter what the problem with your hair, there is a natural homemade remedy that can help solve it. Home remedies have fewer chemicals which can further damage the hair instead of fixing it. And, it's cheaper.



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