

HAIR OILS

Benefits of Oils on Hair



OLIVE OIL

Benefits of Olive Oil on Hair

Rich in fatty acids and antioxidants, you can use olive oil for hair growth and reap its other excellent benefits ranging from strengthening to nourishing your hair.

Ever heard that you reap what you sow? When it comes to our hair and skin, most of us end up sowing seeds of damage due to our busy schedules that barely allow us to invest in self-care. Neglect combined with external stresses such as pollution does not improve the situation. The damage might have been done, but it can be fixed right at home with a single powerful ingredient: olive oil.

Rich in fatty acids and antioxidants, olive oil has a unique chemical composition obtained naturally by pressing olives. Light yellow or green in color, this oil is known to strengthen your hair follicles, have a soothing impact on the scalp, and even stimulate hair growth.

So, let's take a look at how olive oil can do wonders for your tresses:



OLIVE OIL

NOURISHES AND CONDITIONS

Olive oil acts as an excellent moisturizer and prevents dryness. In addition, it contains all the necessary nutrients to provide your hair with the proper nourishment and conditioning.

SOOTHES THE SCALP

Olive oil has a very soothing effect on your scalp, thanks to its antibacterial and antifungal properties. In addition, its moisturizing effect helps reduce itchiness, deals with dryness, fights dandruff, and unclogs the clogged follicles. These clogged follicles and dandruff are major contributing factors to hair loss. Hence, they must be dealt with if one wants to avoid hair loss.

REDUCES DHT PRODUCTION

The production of dihydrotestosterone, a hormone, is one of the primary reasons behind hair loss. It attacks the hair follicles and weakens the hair. Olive oil blocks the production of this hormone which helps reduce hair fall, promoting healthy hair growth.



OLIVE OIL

PREVENTS DAMAGE

Olive oil contains a substantial percentage of antioxidants that promote hair growth. They prevent the loss of hair and save it from getting damaged. The damage caused by free radicals is reversed by olive oil.

REDUCES HAIR BREAKAGE

Yet another benefit of olive oil is that it keeps your hair voluminous and thick by keeping a check on breakage. Its strengthening and conditioning effect on the hair and scalp helps improve its texture and complexion of it. In addition, it is rich in omega-6 fatty acids, which keep breakage and dryness at bay.



COCONUT OIL

Benefits of Coconut Oil on Hair

If you're looking for an all-natural way to improve the health and appearance of your hair, you should consider using coconut oil. Coconut oil for hair contains antioxidants and nutrients that can help promote healthy hair growth and prevent scalp infections. It also has antifungal and antibacterial properties that help keep your scalp healthy.

Coconut oil has been used for centuries as a natural treatment for hair loss. It is thought to have originated in India, where it was used to moisturize and protect the hair from the harsh sun and salty ocean water. Today, coconut oil is widely available and can be found in almost any health food store.

This natural oil is rich in fatty acids, which are essential for healthy hair growth, keep the hair shaft moisturized, and prevent the hair from becoming brittle and breaking. In addition, coconut oil has antimicrobial properties that can help to prevent scalp infections and promote healthy hair growth. It's also a good source of Vitamin E, which helps to protect the scalp from damage and environmental stressors and supports circulation to the scalp.

In a study published in the *Journal of Cosmetic Science*, it was shown that coconut oil was able to penetrate the hair shaft and prevent protein loss. Studies have also shown that coconut oil can help reduce inflammation and support the growth of new hair follicles.

COCONUT OIL

HELPS PROMOTE HAIR GROWTH

The fatty acids in coconut oil help nourish the scalp, which is essential for healthy hair growth. In addition, it improves blood circulation to the scalp, promoting hair growth and preventing excessive hair loss.

HELPS REDUCE DANDRUFF

The coconut oil's antimicrobial properties help kill the fungi that cause dandruff. In addition, the lauric acid in it helps to control sebum production, which is one of the leading causes of dandruff.

HELPS PREVENT SPLIT ENDS AND BREAKAGE

Coconut oil has been getting much attention lately as a natural remedy for various health concerns. But did you know that it can also help to prevent split ends and hair breakage? Unlike most oils, coconut oil for hair is light and easily absorbed. This helps to keep the hair moisturized and prevents the formation of split ends. It's also rich in essential nutrients that help to keep the hair strong and healthy. As a result, coconut oil can help to prevent split ends and hair breakage, keeping your hair looking its best.

COCONUT OIL

ADDS SHINE AND LUSTER

Coconut hair oil has been used for centuries as a natural way to add shine and luster to hair. The science behind this natural remedy is that coconut oil is rich in fatty acids, which help to nourish and condition dry hair. When applied to the hair, coconut oil penetrates the hair shaft and helps to lock in moisture. This can leave the hair looking shinier and more lustrous.

HELPS CONTROL FRIZZINESS

If you have frizzy hair, you know how frustrating it can be to control it. Luckily, coconut hair oil can help to tame frizzy hair and make it more manageable. Just take a small amount and run it through your strands. It will tame the frizz and give you sleek and shiny locks.

HELPS PREVENT SCALP ISSUES

The antimicrobial properties in coconut oil help keep the scalp area clean and free from infections. It can also help to prevent scalp infections by keeping the scalp clean and free of bacteria and fungi. Plus, it helps to soothe the itchiness and irritation associated with these conditions.

MOISTURIZES HAIR SHAFT

Coconut oil for hair is effective in moisturizing the hair shaft. This is because coconut oil can penetrate the scalp and bind to the protein in the hair. This binding helps to prevent the loss of moisture from the hair.

COCONUT OIL

HELPS PROTECT HAIR FROM DAMAGE

The vitamin E in coconut oil helps protect the hair from damage caused by free radicals. It also helps to protect the hair from environmental stressors such as pollution and UV rays. Apply coconut hair oil before bed and leave it in overnight. In the morning, shampoo and condition your hair as usual.

HELPS REDUCE INFLAMMATION

The anti-inflammatory properties present in coconut oil can help to reduce inflammation of the scalp which can lead to healthier hair growth.

SUPPORTS GROWTH OF NEW HAIR FOLLICLES

The nutrients in coconut hair oil can help support the growth of new hair follicles. This leads to fuller-looking thick hair and reduced hair fall. Additionally, it can also help to prevent premature graying of hair.



BENEFITS OF USING ARGAN OIL FOR HAIR

1 Nourishes hair: Argan oil imparts shine and smoothness to the hair and tames frizz.

2 Promotes elasticity: Argan oil prevents hair from becoming brittle. It promotes elasticity, thereby strengthening the hair shafts.

3 Promotes hair growth: Melatonin and vitamin E in argan oil promote hair growth and prevent hair loss.

4 Protects and repairs hair: Due to its superior nourishing properties, argan oil can protect hair from damage caused by colouring. It contains the needed nutrients to help rejuvenate damaged hair.

5 Prevents heat styling damage: Argan oil forms a protective seal around the hair strand and protects it from damage by styling tools and chemicals.

6 Keeps scalp infections at bay: Argan oil has antimicrobial and antibacterial properties. These properties suggest that it can improve scalp health and prevent fungal infections like dandruff.



ARGAN OIL

Benefits of Argan Oil for Healthier Hair

Extracted from Morocco's argan trees, argan oil is also called 'liquid gold' due to the wide range of benefits it offers. Apart from giving you soft, smooth and younger-looking skin, using argan oil for your hair can transform the life of your tresses. In Africa, people have been using this oil for centuries. However, the rest of the world only recently learned about the fantastic things this oil can do. There are many ways in which the oil can benefit your hair, but one of the biggest concerns it can address is hair growth. Now let's talk about the benefits of argan oil and how to use argan oil for hair growth.



Loaded with antioxidants, vitamin E, and essential fatty acids, argan oil can repair damaged hair, improve overall hair and scalp health, and stimulate hair growth. In addition, since it can withstand high temperatures, some people use it as a heat protectant to shield hair from the heat of styling tools. Below are all the ways in which argan oil can benefit your hair and why it is a must-have in every woman's hair care routine.

ARGAN OIL

CONDITIONS HAIR

Since argan oil is so moisturizing, it is an excellent conditioner for your hair. Argan oil's molecules are smaller than other oils, so it's easier to penetrate the hair cuticles, making hair softer and more manageable with fewer tangles and less dryness.

PROMOTES HAIR GROWTH

Argan oil contains compounds called phenols. These, along with antioxidants, strengthen hair follicles and promote cell production in the scalp. The vitamins in this oil promote a healthy scalp, which in turn promotes hair growth and makes sure that the new hair strands are thicker and healthier. In addition, it aids in the production of keratin, stimulating hair growth.

SOOTHES AN ITCHY SCALP

For those who suffer from flakes and dandruff, argan oil provides anti-inflammatory benefits and will not clog pores, which can lead to damaged hair follicles.

PREVENTS HEAT DAMAGE

The vitamin E and fatty acids in argan oil protect hair and scalp from heat damage caused by styling tools.

ARGAN OIL

PROTECTS AND REPAIRS HAIR

Hair treatments and frequent coloring makes hair dry, brittle, and damaged. Sometimes no matter what you do, it seems like your hair will never return to normal. But argan oil can change this. The superior nourishing properties of the oil coat each hair strand and penetrate deep into the hair follicle to repair it from within.

BOOSTS SHINE

Unlike other oils, like coconut and olive oil, argan oil is easily absorbed into the hair strand, so it doesn't leave a greasy residue unless you overdo it. In addition, thanks to its rich fatty acids, it helps bring shine and luster back into the hair without weighing it down and causing a buildup.

PROMOTES ELASTICITY

While you may want to learn how to use argan oil, it is also necessary to understand how it does. This oil can improve the hair's moisture content and elasticity, combat frizz, and protect strands from damage that causes problems like split ends and breakage. This oil really is the answer to all your hair woes.



SESAME OIL

PROTECTS AND REPAIRS HAIR

A lot has been spoken about how sesame/gingelly oil is great for the skin in terms of improving the skin texture, calming acne-prone and irritated skin as well as making the skin appear soft and supple all year round. However, the benefits of this oil on the hair are just as noteworthy. Since centuries, sesame oil has been used to ensure that the scalp was free of any bacterial and fungal infections as sesame oil is a natural antibacterial agent. It has also been found that the oil is rich in minerals such as calcium, magnesium and phosphorous which gives hair all the nourishment and nutrients that it needs. Additionally, it also contained components such as B complex, Vitamin E and protein which helps strengthen the hair from the roots.

Thus, the oil nourishes the hair shaft while imparting moisture to it. This, in turn, makes the cuticles of the hair appear soft and shiny and makes them lie flat. When the cuticles lie flat, the hair strands reflect light which makes them appear glossier looking. Also, the hydration and moisture in the cuticles prevent hair damage and breakage caused due to dryness. Hair has more elasticity and looks bouncier rather than dry and lifeless. Another added advantage of hydrated cuticles is that even though you may step out into harsh climatic conditions, your hair will not turn frizzy and unmanageable. Simply running your fingers or a wide-tooth comb through your hair will keep them looking prim and proper.

SESAME OIL

How Is Sesame Oil Effective On Hair?

In addition to a ton of benefits that sesame oil imparts to the skin, it is said to be very potent oil for the hair as well. It competes with the popularly used natural oils for hair such as coconut oil, olive oil and almond oil. According to Ayurveda, sesame oil is said to be so nutritious for hair, that it is used as the base oil in the creation of different herbal oils known as “thailams”. Sesame oil contains high quantities of Vitamin E which nourishes the scalp, right from the shaft of the hair follicles. Thus, the roots are strengthened, preventing hair loss and promoting hair growth simultaneously as well.

Effects Of Sesame Oil On Hair

Encourages Hair Growth

Massaging warm sesame oil into the scalp helps enhance the blood circulation in the scalp. This ensures that the hair follicles get all the nourishment that they need, all the way from the shaft to the ends. The penetrative properties of the oil thus encourage hair growth.



SESAME OIL

Improves The Quality Of The Hair

Sesame oil is said to heal the chemical damage caused by external factors such as the excessive use of heat tools on the hair. It also revitalizes the hair, making it appear healthy and shiny.

Protects The Hair From UV Rays

Sesame oil acts as a sun-blocking agent. Thus, applying a few drops of sesame oil along the length of the hair forms a protective coating around it, preventing any breakage and damage that could occur as a result of extended exposure to the sun. Apart from the UV rays, the protective coating also fights the damage caused by pollutants in the atmosphere.

Moisturizes The Hair

Using sesame oil as an overnight hair mask with equal parts of root juice and lemon juice is the perfect remedy to fight dryness of the hair. Massage this mixture into your scalp and wash it off the next morning. You will be left with soft, nourished and moisturized hair that is frizz-free.



SESAME OIL

Prevents Hair-Loss

Hair loss can be due to a variety of factors. While diet and lifestyle play an important role in ensuring that your hair is healthy, another factor that significantly contributes to it is stress. Sesame oil has cooling properties. Thus, massaging warm sesame oil into the scalp before you sleep at night will help relieve stress, hence preventing hair loss in the long run.

Prevents Premature Greying

Apart from all the many great properties that sesame oil has, it also has hair darkening capabilities which means that it can prevent premature greying. Thus, regularly using this oil will darken your hair as well as retain the natural colour of your hair for a longer period of time.

Fights Head Lice

When mixed with essential oils, sesame oil can treat head lice and helps us to get rid of lice. Apply generous amounts of the oil all over the scalp for a couple of hours before shampooing the hair. This will help eliminate head lice. Since sesame oil is antibacterial, it prevents bacterial and fungal infections as well

SESAME OIL

Naturally Conditions The Hair

Applying warm sesame oil as a deep conditioner nourishes the hair, making it appear smooth, silky and healthy.

Prevents Dandruff

The antibacterial properties of sesame oil also prevent dandruff with natural treatment. Thus, massage the oil into your scalp every night before you sleep to soothe the scalp and prevent further aggravation.

Works As A Serum

Warming up 2-3 drops of the oil in between your palms and applying it along the lengths of the hair acts as a hair serum that will add shine and lustre to the hair while also acting as a leave-in conditioner.



ESSENTIAL OILS

Great Essential Oils For Hair

Lavender:

Promotes Hair Growth
Soothing To Scalp
Heals Dry Skin And Hair

Rosemary:

Well known for stimulating hair growth and thickness
Prevent Baldness
Slows The Graying Process
Treat Dandruff
Treats Dry Scalp

Cedarwood:

Increases circulation to scalp thus promoting hair growth and lessening hair loss
Great For Thinning Hair And Alopecia
Helps Skin Irritations

Peppermint:

Treats Dandruff
Promotes Hair Growth
Treats Head Lice

Tea tree:

Great For Dandruff
Promotes growth and hair health
Treats Head Lice



ESSENTIAL OILS

Adding Essential Oils To Your Carrier Oil

Choose the carrier oil that you would like to use and start with using about 1 teaspoon (5mls) to put on your hair. If you find it leaves it too oily or is not enough then just adjust it accordingly.

Add 1-2 drops of essential oil to the carrier oil and then apply it to your hair and work through.

So that you dont have to make this each and every time you can make a bigger batch and use it from that. For example you could use 30mls (6 teaspoons) of carrier oil and then add 6 to 12 drops.

If you have sensitive skin then stay at the 6 drops level to make sure that you don't have any skin reactions.

