

Easy steps to get a Hair Spa at home

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In today's world, with hectic lifestyles, stress, pollution and much more, our hair suffers the worst onslaught. In our day to day life's schedule, every woman puts effort to look great and carry herself well to match with the pace and style of the world. In this hustle and bustle, hair care is often forgotten, leading to dull and lifeless hair.

Hair spa has thus become the most preferable treatment for every woman for reviving its beauty and rebuilding its health. Every woman yearns to pamper her tresses and give her hair all the nourishment it needs. Hair spa is the most quintessential treatment nowadays as it provides deep nourishment, moisture, lustre and brings deep relaxation to your hair.

Indulging with hair has never been so easy with hair spa treatments at home. Pampering your hair with best exotic oils and homemade remedies can be a boon for those who splurge for hair spa treatments and also want it to be pocket friendly. Bring your salon and spa at home with all these best hair spa tricks and get those nourished, voluminous and shiny hair you have yearned for years within no time!

How to do hair spa at home?

Follow these simple steps and get those magical tresses instantly!

Step 1:

Oiling the hair is the practice followed by ages and is the most effective treatment for all the basic hair problems. The first step for the hair spa involves the massaging of any warm oil suitable for your hair type. The best preferable hair oil is olive oil as it does wonders to hair in this hair spa treatment. Massage the oil gently in a circular motion.

Step 2:

Next step is “hot towel treatment”. Steaming is the perfect solution for deep conditioning treatments as it promotes hair growth and provides the proper moisture for healthy hair. Soak towel in hot water and wring the excess water and wrap your hair in it. Leave your hair covered for 10-15 minutes. This will help to lock the moisture and lubricate your hair after oil massage.

Step 3:

The next step is to rinse your hair thoroughly with any mild shampoo according to your hair type and texture. Keep a note – wash your hair with luke warm or cold water.

Step 4:

Next step is to apply conditioner to your hair after shampooing. Conditioning the hair is very essential to make it smooth, soft and manageable. It helps to provide the lost moisture and shine of your hair, giving a beautiful look to your hair. Massage the conditioner gently in your hair and leave it on for 5 to 10 minutes and rinse off.

Step 5:

The last step in the hair spa treatment at home involves applying a hair mask. Hair masks provide all the nourishment to your hair and are available in the market as per the hair type and its problems. You can also prepare your own hair mask at home by all the healthy homemade ingredients which are easily available in the kitchen. Some of the hair masks which you can try for the treatment are as follows:

#1 Mix ripe bananas, avocado pulp, honey, milk, egg yolk, neem paste, and form a smooth paste. Apply this mixture in your hair and leave it for 40-45 minutes. Rinse off after that. If you have a dandruff problem, then this mask would do wonders for your hair.

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#2 Mix eggs and coconut oil according to the length of your hair, apply this onto hair and leave it for 20-25 minutes. Wrap your head with warm towel to lock in the moisture and hydrate your hair and then rinse off.

#3 Prepare a paste from reetha, amla, shikakai, fenugreek seeds, aloe vera pulp, and one egg. Leave this mixture for 40-45 minutes and rinse off. This mask would work for those who have hair fall problem and provide all the proteins the hair requires.

Now you have learned the art of spa treatment at home. Try these steps and reveal your lustrous locks and save money and time. Provide that nourishment to your hair and pamper yourself!