

7 Amazing Home Remedies for Dandruff Problems

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Most of us suffer from hair-fall, frizzy hair, oily scalp, or multiple other scalp infections. Due to the fast life and hectic schedules, people often fall short in proper hair care routine, consequences being dandruff and hair-fall problems. Dandruff can shake any person's confidence. It becomes pretty embarrassing to have white flakes in your head falling on your shoulders or constantly having to scratch your head in public.

Dandruff can be a nightmare to some if left untreated. If you observe any sign of dandruff in your hair, you should start a treatment as soon as possible. If those pesky flakes are ruining your life and you are losing your battle on how to combat dandruff, you can banish them easily by treating them using the following natural home remedies. Following are some good hair masks to part ways with dandruff this season and gain your confidence back!

1. Honey, Lemon and Yogurt Mask



The fundamental hair mask – with minimal ingredients required – is very effective in getting rid of dandruff. If you have very dry hair, or if lemon tends to make your hair dry, use honey in this mask as it would leave your hair soft and shiny. Mix everything and apply it on your hair and leave it on for 45 minutes. Wash it later with lukewarm water. For extra nourishment, you can also add few drops of almond oil.

2. Peppermint and Green Tea Hair Mask



Peppermint is a cooling agent – making this the best cooling hair mask for summers. Add few drops of peppermint oil to a cup of green tea along with a teaspoon of white vinegar. Dampen your hair and pour this mixture onto your hair and leave it for 10 minutes. Peppermint and green tea act as conditioners, leaving your hair soft and shiny as well as keeping the dandruff at bay.

3. Hibiscus Leaves and Flowers Mask



Hibiscus flowers and its leaves act as an anti dandruff agent and add volume to your hair. Boil some flowers along with some leaves and let it cool. Drain the excess water and blend it into a smooth paste. Add warm coconut oil into this and massage the mixture on the scalp. Let it rest for an hour and then wash it off with mild shampoo. Apply this twice a week and give the best gift to your hair!

4. Banana and Honey Mask



Banana and honey are the best moisturizing agents that gives best results when mixed together. Blend two bananas, 1 teaspoon of lemon juice, 1 teaspoon olive oil and few drops of honey into a smooth paste. Apply it onto your hair and let it set for 45 minutes and wash it off later with mild shampoo.

5. Egg Hair Mask



Egg is high in protein which helps get rid of dandruff and promotes hair growth. Take an egg white, mix with 1 teaspoon of olive oil as well as some lemon juice and beat the entire mixture to make a smooth paste. Apply it on each strands of your hair, leave it for 30 minutes and then wash it off with lukewarm water.

6. Neem Hair Mask



Neem is the best solution to get rid of those white flakes permanently from your hair. It is that natural ingredient which is most known for cleaning your scalp completely, leaving no traces of the pesky flakes. Make a paste of fresh neem leaves adding a little water and apply it onto your scalp for 20 minutes. Wash it off with mild shampoo and see the difference!

7. Aloe Vera Hair Mask

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Aloe vera is an age-old remedy recommended for dry scalp and dandruff treatment. It leaves your hair soft and its cooling effect will help you from that itching scalp. Take the pulp of fresh aloe vera leaves and mix it with lime juice. Massage this onto the scalp and let it set for 30 minutes. Rinse it off with mild shampoo.

Here you go, try these natural home remedies and easy-to-use hair masks that will banish that dandruff from your hair and boost up your confidence! Don't forget to share your experiences with us regarding the benefits of these DIY masks.