

## Why tea rinse for your hair is a good idea?

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Imagine! Tea could give you beautiful hairdos.

Apart from relishing your caffeine craving, you can actually put to use various kinds of tea to pamper, beautify and nourish those tresses.

Here's how you can alternatively use teas to get beautiful mane

### 1) Black tea

Right from brightening your hair to strengthening and thickening it, black tea does them all. Not only this, it also aids in minimising the very common and irritating shedding hair problem. The key component of black tea which happens to be caffeine, determines your hair growth significantly. It has the ability to counteract the effects of DHT hormone responsible for shrinking of hair follicles, consequently making it impossible for healthy hair to survive.

#### BENEFITS OF BLACK TEA RINSE FOR HAIR



### 2) Green tea

This undeniably popular tea is known for stimulating hair volume and softening them. Green tea, being an essential constituent of shampoos and conditioners is responsible for those lustrous locks.

Moreover, due to the presence of polyphenolic substance which has inflammatory properties, it helps inhibit hair loss to a larger extent.



### 3) Rosemary tea

Unlike other teas, Rosemary is conventionally known to darken and deteriorate the visibility of grey hair. Owing to its high antioxidant content, it reduces the ill-effect of free radicals and hydrogen peroxide which causes greying of hair along with thinning. Additionally, Rosemary strongly combats dandruff caused due to a type of yeast called Candida Albans.



#### 4) Chamomile tea

With all the strengthening, softening and thickening, your hair also requires to be revitalised time and again. For this aspect to be taken care of, chamomile tea is absolutely beneficial. It is well known as an effective tea rinse for blonde or light brown hair giving them a sun kissed look. You can even nurture your dry, flaky scalp with the help of the calming and soothing chamomile rinse.



Well, you must be wondering how to reap all the benefits from these multi utility teas?

Do not worry; follow these simple directives towards celebrity like hair.

1. Place the herb(s) in a pitcher (glass).
2. Pour boiling water over the herb, cover it with a lid and soak for 10-20 minutes.
3. Strain the liquid and let it to cool.
4. Pour this mixture over your head after properly shampooing and conditioning. Do not rinse.
5. Leave it for 25-30 minutes. Then wash your hair.