

5 ways to naturally lighten your hair colour

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Are you too scared to lose the natural hair-colour and yet yearn to flaunt lighter coloured hair? When looking at those friends with light auburn hair makes you cringe for a similar look, but you're too scared to lose the natural beauty of your lustrous hair. Chemicals and bleaches even though impart a lovely look to your hair leave them dry and lifeless after the process.

Find out these easy natural steps to bring your mane to lighter shade without damaging the quality and radiance of your healthy hair. Instead of giving in to the pretty peer pressure, turn to natural remedies to brighten your locks. Add some sun-kissed golden tones to your mane without the serious commitment of bleach.

1. Chamomile Tea

If you have great dark hair and would like to give it more of a golden luminosity, sort through your bags of tea and find your favorite chamomile tea.

- Fill a large container with boiling water, and then steep a chamomile tea bag in it for 10 minutes.
- Once the tea has cooled, pour it over clean hair and let strands soak overnight.
- Rinse and feel free to repeat! Chamomile is one of the mildest essential oils, so you can even use it on chemically coloured hair without fear of damaging it further.

Bonus: this ingredient has anti dandruff properties.



2. Lemons

This is a more natural and less risky way to change the version of your hair colour.

- Use a piece of lemon to lightly apply highlights onto your head – starting from smaller sections at the crown to the strands around your face.
- Alternatively you can mix 2 tablespoons of lemon juice in a cup of warm water and spread over your strands as an all-over mask.
- Let your hair dry naturally in the sun, letting the heat stimulate the lemon.
- Follow up with a nourishing pack, like a coconut oil mask, as the fruit juice may aggravate dry hair.



3. Cinnamon

Not only is cinnamon a great lightener but it smells great, too. If you're concerned about taking charge of your hair colour, trying a cinnamon hair mask is the safest place to start, because the colour-changing effects of this spice are very subtle.

- Add cinnamon powder to a small portion of conditioner and then uniformly coat your hair with the mix.

- Use a hair colour brush or a comb to ensure that the conditioner coats the hair strands evenly.
- Pull your hair up and keep it secure with a clip.
- You can use a shower cap to hold your hair in place and leave the mixture on overnight for better results.
- Wash and shampoo first thing in the morning.

This mixture is absolutely harmless for hair so you can use it more than once if you want to see highlights.



4. Honey and Vinegar

Honey is a great alleviating component and the olive oil in this recipe will help to keep hair from drying out.

Here's what you need to make this hair pack:

- 2 cups of distilled vinegar
 - 1 cup of raw uncooked honey (available at health food stores)
 - 1 tablespoon of extra virgin olive oil
 - 1 tablespoon of ground cardamom or cinnamon
- Mix the ingredients together and then apply onto damp hair.
 - You can use a brush or comb to make sure that you get it uniformly circulated or just apply it wherever you want highlights.
 - You can put a shower cap for better results or just wrap a towel around your head.
 - Leave the mixture on overnight and then wash it in the morning.

This combination works because honey has an insignificant trace of hydrogen peroxide which is a lightening agent. Cinnamon and cardamom along with the extra virgin olive oil help to augment the lightening effect.



5. Baking Soda

Although baking soda is least recommended on your hair as a shampoo, it can make an exceptional, easy at-home lightener.

- Mix a teaspoon of baking soda with water
- Use it as a rinse once a month - after you shampoo and before conditioning
- Gradually brighten your colour.

Baking soda is has an alkaline feature, and this will lift the cuticle of your hair, the part that protects your natural hair texture. This isn't the healthiest technique for your mane, because it is similar to how dye works, so you might want to skip this one if you have damaged strands.

