

5 excellent homemade remedies for hair growth

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Did you know that you can encourage hair growth with just simple remedies from your home?

You can definitely stimulate more intense and heavier hair growth, with normal effort, just using the correct materials. Retaining a good hairdo is significant. A good hairstyle can enhance our look and personality.

With the exact ingredients you don't need a lot of struggle and expenses to have beautiful hair. So if you want to enrich your hair or if you are worried about hair loss, the following three ingredients from your kitchen will give you great results.

Long, luscious hair is a desire that keeps pricking you. For many years, people in the world have searched and tried altered kinds of home therapies for hair growth. However, each of the hair strands has a life cycle with various phases in it. By the time you late twenties and early thirties hair growth slows down. This happens due to hormonal differences, undue stress and an unhealthy diet. Anyone with long and thick hair is seen as healthy and resilient. Your hair defines how fit your mind and physique are. And the best way to maintain the health of your hair is by using regular therapies and beneficial henna hair packs.

Hair loss is one thing we should never ignore. The more we see it happen, the more it stresses us out, and apparently stress is one of the reasons we begin losing hair. On the other hand, some of us just have a lower rate of hair growth, and what we need is a little stimulus to act up and increase the pace of the growth. In either situation, lemon juice is a great natural cure for the hair, because it consists of so many nutrients beneficial for your hair.

1. Lemon Juice

Lemon juice combined with other natural constituents can help your hair grow at a good pace, combat hair fall, and help it recover its previous shine and glow. Combine 1 part of lemon juice with 2 parts of olive or coconut oil. Apply it thoroughly on your scalp and hair. Shampoo your hair after 30 to 45 minutes. Repeat the process once or twice a week. Lemon can be directly scrubbed over the scalp to remove dandruff and other unhealthy accumulations on the scalp. Rubbing of lemon helps in reaching and making the roots stronger from within. When the roots tend to get sturdier, the hair also tends to get stronger and healthier than before. This method should be repeated once in a week to stop hair fall and improve quality of hair.



2. Beetroot Juice

Blend half a cucumber, half a beet, and five carrots in a blender. Strain and drink it. It will help promote hair growth. Another benefit of beetroot juice is that it can help check hair loss. Potassium deficiency is often linked to hair loss but is crucial for hair growth. Beetroot juice is a good source of potassium, which is why ingesting it can prevent hair loss and promote hair growth. Beetroot improves the overall health of hair by maintaining its shine and luminosity. With the use of beetroot you can mend the quality of your hair vastly. It helps prevent dry scalp, hair loss and helps get voluminous and glossy hair. Adding ginger juice with beetroot juice works wonders to avoid loss of hair. Add some vinegar with the beetroot juice, and your dry scalp problem taken care of.



3. Potato Juice

With simple home remedies, you can easily get hair like before and encourage hair growth. One of them is the use of potato juice for hair growth consistently. There are various ways to prepare potato juice to use its benefits

How to apply?

- Wash off the potato and peel off the skin properly
- Cut a potato into small pieces and extract its juice with the help of a blender
- Strain the blended potato in a bowl with a muslin cloth
- Extract the juice that is needed for hair growth
- Apply this juice on your scalp; leave it for 15 minutes
- Finally, rinse off with the mild shampoo

Make sure the potato juice is freshly made each time before usage. Gently massage the potato juice into the scalp for a steady hair growth and thickness. Use the rest of the juice on the hair strands. This should be covered with a shower cap and followed once a week for visible outcomes on hair growth.



4. Peppercorns

Peppercorns is another effective treatment for hair fall. In half cup of lime juice, add 2 teaspoons of crushed peppercorns to make an even paste. Rub it on the roots of your hair and cover your head with a warm towel. Rinse off after 30 minutes. This natural ingredient is found in many Ayurveda medicines and foods not just because of its taste, but for its herbal reliefs also. According to DNA India, black pepper is rich in Vitamins A and C, flavonoids, carotenoids and other anti-oxidants that help get rid of harmful radicals and protect the body from cancers and diseases. This means it has remarkable growth stimulating and dandruff fighting abilities. Peppercorns work as a natural astringent for the scalp, opening the pores and encouraging healthy hair growth.



5. Hibiscus Flower

Prepare a paste by mixing hibiscus flower in sesame oil or coconut oil. Spread it evenly on your

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hair. Use a mild shampoo to wash off your hair. Wash and grind eight to nine hibiscus flowers and leaves. They have to be washed and grinded together. Add the crushed hibiscus in a pan after boiling coconut hair oil in it. Cover it and turn the flame off.

Massage your scalp and apply it on the hair strands and leave it on for at least thirty minutes. You will benefit the most if you leave it on overnight. Wash off with only water or a mild herbal shampoo. This hibiscus oil for hair is known to rejuvenate the scalp, assist blood circulation and stimulate hair growth. You may also store this oil in a container and use it regularly. It makes your hair soft and healthy. Hibiscus can be used in combination with curd, amla or fenugreek for lustrous hair too.

