

## 5 DIY sprays to protect your hair from the summer sun

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The harmful UV rays of the summer sun take away the moisture from hair and lead to a lot of hair loss and scalp issues. Hence it is always recommended to use hair sprays for protecting hair and the scalp. The chemical hair sprays available in market do more harm than good to your hair. Therefore it is suggested to use hair sprays that can be made at home easily.



**Follow these 5 simple hacks to make DIY hair sprays easily at home**

## 1. Coconut Oil and Sea salt



To make a hair spray using sea salt and coconut oil we need,

- Hair Cream – 1 Tbsp
- Water - 1 Tbsp
- Sea Salt - 1 Tbsp
- Coconut Oil - 1 Tbsp

Begin by filling a spray bottle with warm water. In this warm water add all the ingredients together and give it a good shake. Let the mixture sit for half an hour and then keep the bottle in the freezer.

Use this “do it yourself” hair spray as and when you want. This hair spray protects your hair as each of the ingredients used provide the hair strands an additional layer and safeguards it from the hot sun.

## 2. Coconut oil and Lime



Coconut oil is one of the best protector and moisturiser for hair that we can think of. To make this hair spray first collect

- Coconut Oil – 1 Tbsp

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- Water - ½ Cup
- Lime – ½ Tsp

Mix all the ingredients well and pour it into a spray bottle. Shake the ingredients well before allowing the mixture to cool in the fridge. Before you head out in the sun, use this DIY hair spray and let your hair stay protected.

### 3. Jojoba Oil and Coconut



Use Jojoba and Coconut oil hair spray to remove oiliness from the hair and keep them detangled. To make this you would need,

- Water – ½ Cup
- Jojoba Oil – 1 Tsp
- Coconut Oil – 1 Tsp

Mix well all the ingredient and allow it to sit in the fridge for an hour. Spray before going out on the beach or before hitting the pool. This mixture does not allow any dirt or grime to stick on the hair strands. Use this spray right after shower before de-tangling your hair.

### 4. Aloe Vera and Argan Oil



The summer warmth takes away the moisture from the hair, leaving them fluffy and frizzy. Use Aloe Vera and Argan oil hair spray to fight frizz this summer. You would need,

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- Water – ½ Cup
- Aloe – 2 Tbsp
- Argan Oil – 1Tsp
- Glycerin – 1Tsp

In a large cup mix all the ingredients together and then pour the mixture into a spray bottle.

### 5. Lemon and Chamomile



Let not the harsh summer heat get the better of your highlights. Use a lemon infused hair spray in little amounts to make sure your highlights keep shining. You would need,

- Water – 2 Cups
- Lemon Juice – 2 Lemons
- Almond Oil – 2 Tsp
- Chamomile essential Oil – 10 Drops

Mix all the ingredients well. Let the mixture settle for an hour and then transfer it into a spray bottle. Shake well before use.