

Reasons why you need a scalp massage

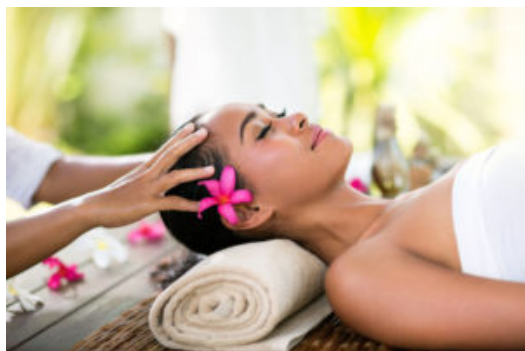
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Don't you like to find a quiet spot, get comfortable and get relaxed and enjoy rubbing your scalp?

Everyone has different hair type which requires different kind of concerns. So if your hair is going through rough phase, or the growth is not fast and proper, then don't be disappointed. The solution to your problem may be in your fingertips. Scalp massage can contribute to healthy, glowing and faster- growing hair.



Oil, from centuries has been helping women in keeping their hair long, healthy and shiny. We all must have had hated it, but little did we know how good it is for our hair.

The texture of our hair depends on many things like, weather, hair product, hormones and even our health. All these things can have a significant impact on its texture, growth and appearance. Hence, it's always advisable to massage your head with oil. Here are few reasons why you should massage your scalp with oil twice every week at least.

1. Stimulates blood circulation: when you massage any part of your body, it increases blood flow in that region. This can help you in increasing the growth of your hair. Not only in increasing the length but also in keeping your hair healthy and shiny.

2. Eases stress & relaxes you: have burden of work and are tired of the long week! Well a head massage can help you with fatigue, stress, and headaches. This is particularly true for scalp massages, because they are not just useful for the skin and scalp, but also the hair follicles and hair.

3. Helps in reducing hair fall: when you massage your hair with oil the quality of it improves and there is reduction in hair fall. Work your way from roots to ends; massage all the oil into your hair. This will definitely help in protecting your lusher hair.

For different types of hair you need different hair oil.

i. Peppermint oil is helpful in improving circulation and acts as a natural cleanser.

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ii. Tea tree oil is useful in soothing a dry, itchy scalp and clears it of minuscule dermatitis issues.



iii. Chamomile oil soothes an inflamed, itchy scalp.



iv. Lemon oil helps in reducing dandruff problem.



v. Almond and castor oil helps in improving hair growth.



After you are done with massaging your hair, you can either wash it with luke warm water or can keep it for overnight and let the oils do their work. You can also keep the essential oils for all night and wash in the morning. By adding this to your routine not only will you get long, luscious, and healthy hair, but a nice relaxing feeling as well.