

- Vitamins

For long and lustrous hair, give vitamin E oil a try

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Along with our body, our hair needs vitamins too. And one such vitamin that can do wonders for your hair health is vitamin E. It is best for hair when used as an oil, because it can help in nourishing them, as well as strengthening and boosting hair growth.



So, how can vitamin E oil transform your hair's health? With pollution, environment, and sun exposure, our hair strands cumulatively get damaged, causing more breakage, discolouration, greying of hair, roughness and even hair fall. And here, vitamin E oil can come to the rescue

We asked Dr Nivedita Dadu, dermatologist, to explain the many benefits of vitamin E oil and how you can use it. She says, "Vitamin E is a group of eight fat-soluble vitamins that are rich in antioxidants. It is important to maintain good health, and is also very beneficial for our skin and hair. In recent times, vitamin E has emerged as a holistic solution to all our hair woes, especially hair loss."

Here are the other benefits of vitamin E oil for hair:

Protects the scalp: Vitamin E forms a protective barrier on the skin to keep it healthy, preventing scalp issues. Use oils rich in vitamin E to balance the oil production on the scalp as it will prevent it from getting dry.

Acts as a conditioner: Use vitamin oil extracted from vitamin E capsules to condition the hair after a wash, rather than using chemical-laden conditioners off the rack.

Treats split ends: Vitamin E helps to repair the hair follicles and get rid of split ends, therefore, you must try it.

Prevents dandruff: Vitamin E capsules consumed orally or vitamin E oil applied topically work to regulate moisture and oil production on the scalp, preventing the occurrence of dandruff.

Controls hair fall: Here's how to use vitamin E for hair:

Vitamin E oil can be used topically, and is available for dietary consumption as well. You can consume supplements to fulfil the need of this vitamin, by adding vitamin E-rich foods to your diet. And if you want to see hair growth, then you can apply vitamin E oil topically on your hair and scalp. Both ways are equally helpful!