

Oil your way to happy, healthy hair

The wonders of oiling for hair health have been passed down through generations. Incorporate these seven oils to get the tresses of your dreams!

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Hair thinning is a common issue faced by a lot of people. Lack of care, use of heat styling products, harsh chemicals, pollution and sun damage can adversely affect hair health. All this can lead to hair thinning which, in turn, contributes to breakage and hair fall. But, a good oil massage can help minimise this damage. Skincare expert Arthi Raguram lists down seven oils to incorporate in your haircare routine to control thinning and hair loss.



ARGAN OIL

Argan oil is a natural protector for your hair as it guards it from sun damage and heat. It is also rich in antioxidants and vitamin E, which boosts scalp health, thereby promoting healthy and thick hair. It also treats split ends.

CASTOR OIL

Castor oil is a thick and nourishing oil that moisturises the scalp, which ensures better hair growth. It increases blood circulation and treats dry and flaky scalp.

OLIVE OIL

Olive oil is another moisturising oil that prevents hair thinning. It is loaded with the goodness of antioxidants and vitamin E. The oleic acid in olive oil allows it to deeply nourish the hair from the roots. It is also effective in treating dandruff, which is one of the major reasons for hair fall. With regular use of olive oil, hair becomes visibly softer and smoother.

ONION OIL

Onion is known to increase collagen production, which is beneficial for hair growth. Onion oil is rich in sulphur, which promotes hair growth and prevents thinning. Moreover, onion oil boosts blood circulation on the scalp and in this way, leads to thick and strong hair. The hair follicles are also sufficiently nourished by the oil.

NEEM OIL

Neem oil has been a favourite hair oil for ages. Due to its antimicrobial and antifungal properties, it is extremely effective in fighting against dandruff and helps calm down an itchy or irritable scalp. It is also enriched with fatty acids that contribute to better and faster hair growth. The oil strengthens the hair from its roots, preventing hair thinning and breakage.

COCONUT OIL

How can your hair care be complete without the trusted coconut oil? Easily accessible, coconut oil is one such hair oil that has multiple benefits for the hair. It nourishes the scalp and makes the hair shaft stronger. The vitamins and minerals present in coconut oil aid in strengthening the hair and makes it softer and shinier.

ALMOND OIL

Almond oil is great for dry and damaged hair. It works as an excellent repairing agent for the hair as it contains vitamin E, fatty acids and other essential hair-promoting proteins. It also acts as a natural conditioner for the hair due to its nourishing qualities. The magnesium present in almond oil helps in fighting hair thinning and hair loss.

So, it's time to welcome these amazing oils in your hair care regime to combat hair thinning, and flaunt strong and thick hair!

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