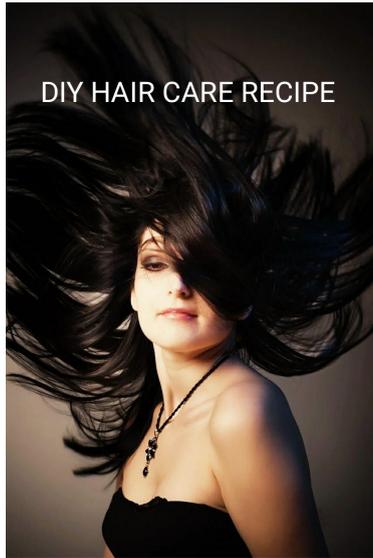


# 3-DIY NATURAL HAIR CARE RECIPE



**Disclaimer:** All the hair care recipe are tested and used by the author herself. They are natural and cause no side effects. However, if you are allergic to any of the substances mentioned below, please skip that thing from your routine.

## Flaxseed Gel and Honey Hair Care Mask

"Flaxseeds are super foods" now everybody knows this and using them is considered a fad. But not long back, these nutty seeds were staples in country houses of India. In tea-coffeeless mornings, the Alsi-laddoo (flaxseeds-jaggary sweet balls) were the first thing one would relish upon.

Flax seeds are a rich source of the omega-3 fatty acid ALA. Plant-based ALA fatty acids are proven to have heart health benefits and are linked to a lower risk of stroke. These all and many other Health Benefits including your hair, you can reap when you consume flaxseeds in edible. The external uses of the same on your hair and skin are equally rejoicing. Honey, on the other hand is a natural ingredients with magical proper our overall health and fitness. With all the goodies, it's no less than the God's own nectar. We all are familiar with the moisturising and healing properties of the 🍯 honey.

### Flaxseed Gel Mask Preparation

Powdered flaxseeds -1 tsp

Water-200 ml

Organic honey- 2tsp

Boil powdered flaxseeds in water for 5-10 minutes till you get a white gel like consistency. Cool down the mixture. If the flaxseeds you took were nicely grounded, no need to filter the mixture. Separate the gel from the mixture as per your hair length and volume.

Add organic honey when the mixture is still in lukewarm stage. Mix well and apply on well combed hair and scalp. Start from roots and cover till the end of the hair. Make a bun and leave to dry in the air for 15 to 20 minutes.

Note- Don't leave for longer, wash hair with mild shampoo and lukewarm water and remove everything gently. No need to apply conditioner.

>>The mixture will nourish your hair and scalp and leave them straight and lustrous.

## For Moisturising And Oiling

### Aloe Vera And Olive Oil Hair Soothing Concoction

Mix aloe vera gel (home made is the pure and better) and virgin olive oil in equal amount. Use this mixture to massage your scalp and hair for 10 Minutes. Apply generously so that each strand gets soaked in the mixture.

Cover the hair with a shower cap and leave for half an hour.

Before washing, dip a thick towel in the half-bucket full of hot water. Carefully squeeze most of the liquid and use this towel to cover your hair and scalp completely. Repeat the 'hair-steam' process twice. Now use a mild shampoo to wash your hair.

Pro tip- If you have an itchy scalp and dandruff, squeeze a lemon juice and apply on the scalp before the hair-steam process. This is going to leave your hair shining, lustrous, and extremely healthy. This also cures the potential hair fall.

**And finally- my mom's concoction:)**

## Cleansing Your Hair

### Amla, Ritha, and Shikakai Concoction

My mom's concoction which she used to wash my hair as a 'substitute for a shampoo' for years until I insisted to opt for bottled version. Let me first briefly tell you about it's pro points.

- *Pure and chemical free*
- *Free of artificial scents*
- *Mild on hair tough on dirt*

## How To Prepare



- Soak 5-6 reetha pods, 6-7 pieces of shikakai and a few amla pods in water overnight.
- Heat the mixture in the morning and turn the heat off just when it begins to boil.
- Allow the mixture to cool and blend it into the blender.
- Strain the mixture and discard the residue of the ingredients.
- Now use the liquid concoction as a shampoo.

While washing your hair with amla, reetha and shikakai shampoo, you will feel tangling sensations, but once you wash it off your hair, your hair will be healthier and lusterous than before.

Thanks for being here ☺ and following my tips.

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