

A woman with long, wavy hair is shown in profile, looking upwards against a dramatic sky at sunset or sunrise. The sky is filled with soft, golden clouds, and the light creates a warm, glowing atmosphere. The woman's hair is highlighted by the low sun, giving it a golden-brown hue. She is wearing a dark, sleeveless top.

21 HAIR
CARE
ROUTINE
YOU MUST
DO

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HAIR CYCLE

Everyone can experience hair loss at some point in their lives. As hair is considered to be one of the most attractive features of someone, losing hair can greatly affect not only their appearance, but also their emotional, psychological, and social aspects. Therefore, losing it could be devastating to a person. It could create a strong negative impact on the overall wellbeing of the person. Around the world, there are millions of people suffering from hair loss, 60% of whom are men and 40% of whom are women.

Almost a million hair loss sufferers sought medical treatment to prevent hair loss, according to a recent study. There are many treatments that boast of cessation of hair loss and promotion of hair regrowth. Some of them, however, have not been proven to be effective. Ayurveda hair loss remedies have gained worldwide popularity because of their proven safety, natural nature, and high success rate in treating hair loss and stimulating growth.

Reason for Hairloss

The causes of abnormal fall and loss of hair can vary from the following factors: Heredity Underlying medical conditions Stress Anemia Poor diet Deficiency in Vitamin B6 and folic acid Unclean scalp Hormonal imbalance Improper or too tight tying of hair Add a little bit of body text

Following the Best remedies can do more than just prevent hair loss or restore your beautiful, thick hair. Additionally, it has a positive impact on your mind, will, and emotions. Physically, emotionally, psychologically, and even spiritually, you will benefit from this therapy. Your life will be changed forever after you leave.

This Book hair loss remedies can help you replace your thinning hair, baldness, and hair loss with shiny, healthy, strong hair. What are you waiting for? u want to be healthier, fitter, lighter, and more energetic? Do you want peace and serenity of your mind and heart, too? Then read on. This book will bring your hair back plus so much more!

21 Ways Haircare Routine You Must Do To Reduce Hair Fall At Home For Men & Women

Taking care of your scalp and hair is important to reduce hair fall. Here's what you can do at home every week or once a month to improve hair strength and vitality.

1. Blood Stimulation

Massaging your hair with coconut oil, argan oil, peppermint oil, and castor oil can help reduce hair fall and blood stimulation & promote hair growth. You can also heat the oil for hot oil treatment. It enters the deepest layers of your scalp, revives the hair follicles, and strengthens the hair from the roots.

Gently massage your scalp in a circular motion for 20 minutes. Do this at least twice a week.

2. Use A Wooden Comb

After your hair is dry, use a wooden wide-toothed comb to gently detangle any tangles and prevent hair fall due to static electricity that is common in plastic combs. Also, avoid brushing wet hair as the hair roots are soft and delicate, and your hair can be easily pulled out. Comb from down-up if you have tangles.

3. Indulge In A Hair Spa At Home

If you want to maintain luscious and healthy hair, a hair spa works best. The good news is you can do it at home by following these easy steps:

Step 1: Shampoo your hair.

Step 2: Apply a deep conditioning hair mask.

Step 3: Apply steam to your hair. You can dip a towel in hot water, squeeze the excess water, and wrap the towel around your head. You can also use one of these good hair steamers.

Step 4: Wash off the conditioner. Towel dry.

Step 5: Apply a light oil or serum.

A hair spa at home will make your hair and scalp healthier, the roots stronger, and improve blood circulation. It reduces hair fall and stimulates hair growth by nourishing the hair follicles and removing impurities. Your hair will feel softer and look shinier.

4. Trim Your Hair

Dry, brittle, and split ends make the hair more prone to breakage. Trim your hair at home or at a salon every 2-3 months to keep it healthy. Shampoo your hair before trimming. Use a conditioner and wash your hair. Finish off by applying a light oil or a hair serum.

5. Avoid Too Much Styling

Avoid over-processing and styling. Repeated heat styling and using harsh chemicals to straighten, perm, colour, and bleach your hair can make it dry and brittle and weaken the follicles.

If you want to curl your hair, use rollers or follow DIY methods on YouTube. You can also use herbal colours to cover greys. Henna and beetroot are also good for colouring hair naturally.

6. Nutrition

When it comes to reducing hair fall, your diet plays a crucial role. Here's what to consume to improve your scalp and hair health

7. Omega

Omega-3 helps reduce low-grade inflammation and stress. This, in turn, helps reduce hair fall. The best sources of omega-3 are fatty fish and fish oil. Consume fish like mackerel, tuna, and sardine. You may also consult a doctor and take omega-3 supplements

8. Protein

Your hair is made of keratin, a type of protein. Hence, you must consume a protein-rich diet to protect and strengthen your hair. Consume lentils, soybean, beans, seeds, nuts, eggs, fish, and skinless chicken breast.

9. Vitamin C

Vitamin C is a strong antioxidant that helps scavenge harmful free oxygen radicals. Hair falls is triggered due to the high accumulation of toxins that can be reduced by consuming vitamin C-rich foods. Consume Indian gooseberry (amla), oranges, sweet lime, lime, and strawberries to improve hair strength, shine, softness, and thickness.

10. Veggies

Vegetables like spinach, raw papaya, bottle gourd, carrot, ladies finger, sweet potato, squash, tomato, beans, and pumpkin are great sources of vitamins and minerals. They help nourish the follicles and make the hair strands stronger. Consume at least 3 different veggies per day in curries or salads.

11. Water To Improve Hair Health

Dehydration or not drinking enough water can lead to dry, frizzy, and lifeless hair that is prone to breakage and results in hair fall. Water also lubricates the hair follicles and improves the circulation of vitamins and minerals essential for hair growth. That is why drinking at least 2-3 liters of water every day is important to prevent hair fall.

Lifestyle

Along with following a good hair care routine and a proper diet, tweaking your lifestyle can also help reduce hair fall. Here's what you can do.

12. Keep Your Head Sweat-Free

Whether you exercise or sweat a lot in general, try to keep your scalp sweat-free. Sweating dehydrates the hair strands, leading to bacterial growth, fungal infections, blocked pores, and lactic acid accumulation. Take a shower every time you exercise and dry your hair with a clean towel. You can also use a blow dryer at a low heat setting to quickly dry your scalp.

13. Avoid Smoking

Cigarette smoke contains harmful free oxygen radicals. These toxins, if not expelled, can lead to a weak immune system. They also damage the hair follicles, leading to increased hair fall. Reduce smoking to prevent hair loss and help your hair grow thicker.

14. Reduce Alcohol Consumption

Alcohol causes dehydration. It also reduces the body's ability to absorb essential vitamins and minerals that are good for hair growth and hair strengthening. Reduce your consumption of alcohol. You can drink one glass of wine twice a week. You may also drink chilled fruit juice with crushed ice and herbs, which will help rejuvenate and strengthen the hair follicles.

15. Yoga And Breathing Exercises

Yoga and other forms of exercise are good for fitness and strengthening the immune system. Yoga poses like Sirsasana (headstand) and Sasankasana help increase blood circulation to the scalp and may stimulate hair growth. You can also do breathing exercises like anulom vilom and kapalbhati to expel toxins from the body and boost hair health.

16. Destress Regularly

Stress is not good for your health and hair. Stress increases the levels of toxins in your body, which weakens the roots of your hair and makes it more prone to fungal infections. De-stress regularly by either practicing meditation and breathing exercises.

Do something that interests you – walking, dancing, painting, reading, writing, cooking, playing a sport, playing musical instruments, listening to music or podcasts, talking to friends, gardening, etc.

17. Gently Dry With A Towel

After washing your hair, use a soft towel to wrap your hair and let the towel naturally soak the excess water. Avoid rubbing your hair shafts together to dry your hair. Use a scrunching motion to gently dry your hair without damaging the roots or the shafts. If you are in a hurry, use a hair dryer at a moderate heat setting. However, avoid frequent use of blow dryers at all costs.

18. Sleep Well Every Night

Sleeping helps reboot your entire system. Getting 6-7 hours of sleep detoxes and rejuvenates your mind and body, reduces stress, and strengthens the immune system. Lack of adequate sleep can increase cortisol (stress hormone) levels, making the hair follicles weak and hence causing hair loss. If you have difficulty sleeping, read a book, or listen to soothing music. Switch off all electronic gadgets and lights before you go to bed.

These are the 20 effective ways to reduce hair fall and stimulate hair growth without burning a hole in your pocket. Take care of your hair regularly, and you will see a difference in its thickness and appearance. However, if the problem persists, the next step is to seek help from a licensed professional. Here's a list of hair fall treatments that are available.

19. Use A Gentle Shampoo

After an oil massage or hair mask, wash your hair with a gentle herbal or a medicated shampoo. It will help reduce dandruff and excess oil.

Massage your scalp in a circular motion with your fingertips. Use a scrunching motion to shampoo the hair strands; do not rub them. Also, shampoo your hair twice a week to wash off any excess dirt or build-up.

20. Apply A Conditioner

After shampoo, use a moisturizing and nourishing conditioner. Apply it only to the hair strands and not the scalp. Leave it on for 10 minutes before rinsing. Do this every time you wash your hair.

You can also use a deep conditioning homemade hair mask once every week. Mix honey and milk. Apply it to your hair and leave it on for 20 minutes. Wear a shower cap to protect your hair. Wash your hair with a mild shampoo and finish off with a conditioner.

21. Homemade Hair Masks

After a scalp massage, you can apply a homemade hair mask to nourish, soothe, and rejuvenate your hair roots. You can do this once or twice a week, depending on your convenience. Use the following DIY hair masks:

·Green Tea And Egg Hair Mask: Green tea contains EGCG (epigallocatechin-3-gallate) that can help stimulate hair growth. Eggs have been a popular hair care ingredient as they provide the hair with the essential nutrients it needs to grow healthily. Add 2 tablespoons of freshly brewed green tea to 1-2 egg yolks. Mix well. Apply the mask from root to tip for strong, thick, healthy, and shiny hair.

Onion Hair Mask: Onion contains useful hair regrowth nutrients like folic acid, vitamins B, C, and E, phosphorus, zinc, potassium, magnesium, and carotene. Onion juice can aid hair regrowth in people experiencing patchy hair loss. Prepare an onion mask by grating a whole onion and pressing out the juice. Use cotton to dab the onion juice on the scalp. Leave it for 20-30 minutes before washing it off.

·Aloe Vera Hair Mask: Aloe vera has hydrating properties. It nourishes the roots and softens the hair shaft. This makes your hair smoother and less prone to breakage. Mix 2 tablespoons of mashed aloe vera gel with 2 tablespoons of coconut oil. Apply it to the scalp and leave it for 20 minutes before washing off.