Try Home-made Hair Oil For Faster Hair Growth

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Ever got tired of your mother asking you to oil your hair? Well, turns out, you should have listened to her! An easy and effective solution for all your hair-related problems is – no surprises here – oiling your hair. Factors like **pollution, stress, erratic lifestyle, diet**, among others, have contributed to several hair problems. Additionally, if the hair products you use are loaded with chemicals, that also leads to hair damage.

The best way to deal with this is to oil your hair at least twice a week. Yes, you heard it right. Oiling works wonders on your hair if followed religiously. "According to Ayurveda, the scalp is composed of different energy relieving points called *marmas*. Oiling the hair and scalp acts as a rejuvenation exercise and removes any excess *dosha* that has accumulated in the head region, releasing the stress and thereby restoring the balance," says Dr. Partap Chauhan, Director, Jiva Ayurveda.

He adds that apart from helping with rejuvenation oiling also **strengthens the hair from the roots to tips**, providing nourishment on the whole. Get your hands on these natural ingredients and add them to your hair oil and get an instant fix from hair fall to dandruff.

1. Onion Oil
2. Mint Oil
3. Herbal Oil
4. Lemon Oil
5. Hibiscus Oil
6. Curry Leaves Oil
7. Black Seed Oil
8. Amla Oil
9. FAQs:

Onion Oil

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Onion oil is a proven remedy to boost hair regrowth and prevent breakage. The high sulphur content in onions helps in treating many hair issues. It also maintains the regular pH level of the hair, thus preventing premature greying.

How To Make: Chop some onions and curry leaves. Blend them to a fine paste. Add coconut oil to this paste and heat the mixture on a low flame. Increase the flame after five to 10 minutes and let this come to a boil. Lower the flame for 15 minutes and then turn off the heat. Set this mixture aside overnight. Strain the oil using a sieve and store the oil in a suitable container.

Expert Tip: *Onion oil reduces hair fall and aids hair growth by nourishing the follicles. It is very effective in preventing and treating baldness.*

Mint Oil

Image: Shutterstock

Increasing circulation with a vasodilator like **mint oil aids in hair growth and prevents hair fall.** It also leaves a fresh fragrance on your hair.

How To Make: Roughly crush some mint leaves using the back of a spoon. Place the crushed mint leaves in a jar with almond oil and leave the jar in sunlight for two to three days. Strain the oil and it is ready to use.

Expert Tip:*This mint oil is antimicrobial in nature, which helps in reducing dandruff and keeps the scalp cool and clean.*

Herbal Oil

Image: Shutterstock

Tulsi and neem help in curing scalp problems and reduce hair loss. **The antibacterial and antiseptic properties of these ingredients help heal and soothe an itchy scalp** and prevent dandruff.

How To Make: To prepare this oil, you need coconut oil, fresh tulsi and neem leaves along with fenugreek (methi) seeds in equal proportion. Crush them well, boil and strain the mixture. Store it in a jar.

Expert Tip:*This oil helps with hair growth, prevents dandruff and dryness and nourishes the hair*.

Lemon Oil

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Citric acid is known for **preventing hair follicles from getting weaker, thus reducing hair fall.** It unclogs the pores in the scalp, thereby reducing dandruff.

How To Make: To make this perfect herbal remedy for your hair, you need to grate the lemon's outer layer (zest). Mix it well with olive oil. Leave it in sunlight for a few days. Strain and your herbal oil are ready.

Expert Tip:*Be gentle when applying this oil to the scalp. Do a patch test before you apply this oil as this might also lead to adverse effects if it doesn't suit your scalp*.

Hibiscus Oil

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Hibiscus is **widely accepted for hair growth** and is often used in herbal hair oils. The weekly usage of hibiscus oil strengthens the roots and prevents breakage.

How To Make: To prepare this oil, you need about eight hibiscus flowers. Grind them into a fine paste. Add the paste to a bowl and heat it with coconut oil, until the oil changes color. Turn off the heat and cool the mixture. Strain the oil and store it in an appropriate container. Your hibiscus oil is ready to use.

Expert Tip:*Hibiscus oil nourishes the scalp and improves blood circulation. It also rejuvenates the scalp and increases hair growth by preventing hair loss*.

Curry Leaves Oil

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Rich in antioxidants, **curry leaves help to strengthen the hair roots, curbing hair loss.** The antibacterial properties keep dandruff at bay.

How To Make: Heat a cup of coconut oil with a handful of curry leaves in a small vessel. Using a double boiler method, heat this mixture until the oil gets coated with a black layer. Let it cool for some time. Remove the leaves and store the oil in a jar.

Expert Tip:*Curry leaves are known for preventing premature greying of hair, and it reduces hair fall*.

Black Seed Oil

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Black seeds (black cumin) **promote good scalp health.** This oil has anti-inflammatory properties that help to keep the scalp clean and dry.

How To Make: Take five cups of water and two handfuls of black cumin seeds in a pot. Boil them for 10 minutes and leave the mixture to cool down. Strain the liquid and add a tablespoon of extra virgin olive oil to it. Store in a container.

Expert Tip:*Black seed oil promotes hair growth, prevents premature greying, improves scalp health, restricts hair fall and moisturises dry hair*.

Amla Oil

Image: Shutterstock

Amla, also known as **Indian gooseberry, is loaded with nutrients and helps in promoting hair and scalp health.**

How To Make: You will need a cup of coconut oil and deseeded *amla*. Grind the *amla* without water and strain the juice in a bowl. Boil the coconut oil and *amla* juice in a pan for 10-15 minutes. The mixture will turn brown. Strain it into a container and let it cool. The oil is ready to be used.

Expert Tip: Amla *oil helps in preventing premature greying of hair. It also stimulates hair growth and restricts hair loss*.

FAQs:

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Q. Which oil is best for hair growth and thickness?

A. Coconut oil is the go-to oil for hair. Almond oil, black seed oil, and castor oil are considered excellent for hair growth.

Q. Which ingredients should be mixed with oil for faster hair growth?

A. Hibiscus flowers and leaves help in reducing hair fall. Onion juice is considered one of the best ingredients for restoring lost hair. Aloe vera and curry leave to aid in hair growth.

Q. Is regular oiling good for hair?

A. Depending on the type of scalp, you can choose your frequency, either once or twice a week. Ideally, oil your hair the night before you plan to wash your hair.
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