

## Treatment For Oily Hair

The principle of care for oily hair and scalp condition is the same as used for oily skin condition. The hair routine aims at removing the excess oil and to exfoliate skin cells which clog up and suffocate the hair follicles in our scalp. Infection usually erupts in the blocked hair follicles which lead to hair loss and other scalp disorders.

The emphasis is laid on cleansing and toning routines. The cleansing routine involves washing and rinsing the hair. Since the hair has to be washed as frequently as it gets dirty and oily, a natural shampoo on a formulation of herbs such as Amla, Shikakai, Trifala is ideal.

The ideal shampoo is always gentle in action, thorough in dissolving the grime and at the same time, not harsh like a detergent shampoo. Massaging hair and scalp is important for the wellbeing as well as good growth of the hair. For dry hair, scalp massaging with oil is recommended. For oily hair, massage with toning lotion is suitable. A two minute brushing, stroking and combing routine is sufficient massage exercise for the scalp.

### Oily hair home cure: Shampoo Cleanser Recipe

1. Buy some shikakai powder from the market. Powder some green grams and fenugreek (methi) seeds. Mix two portions of shikakai powder, one portion of green gram flour and half portion of Fenugreek powder and keep it. When required, mix a tablespoon of this mixture in the white of an egg and use it as a shampoo. It does not lather like a soap, or shampoo, but cleanses the hair.

2. Take some dry soap nuts (reetha) and soak them in water overnight. Mash them in the morning and strain the soapy solution. Add a teaspoon of shikakai powder and wash your hair.

### Oily hair home remedy: A Mint Infusion Recipe

1. If you are unable to make the shampoo cleanser at home, use this infusion recipe. Prepare it and mix it in the shampoo you use. To make the infusion, boil two handfuls of mint (pudina) in one-and-a-half glass of water for 20 minutes. Strain the solution and mix in a 300 ml bottle of shampoo.

### Oily hair treatment: The Toning Lotion

Mix a tablespoon of Malt Vinegar in a glass of water. Add a pinch of salt in it. Dab two tablespoons of it on your scalp and massage it with your finger tips twice a week. Leave the lotion on for one hour. Rinse with cool water, brush and set your hair.

### Treating Oily hair: Other tips

1. Do not use detergent shampoos.
2. Do not use oils unless the cleansing routine leaves your hair extremely dry.
3. Regularly massage your scalp.

Source: <http://www.articlecircle.com>

## About the Author

Kevin Pederson has been managing a number of natural home remedies websites, such as <http://www.home-remedies-for-you.com>, which have a lot of information on home based natural cures for oily hair and any other type of illness you may face.