

## Natural Hair Care Tips for Hair Growth

A drink made from honey, yogurt, bananas and skimmed milk prevents hair loss. Do away with stress, sleep well and rub down the scalp with rosemary essential oil. Dandruff can be removed by apply table salt on the scalp and then washing the hair with shampoo. Since different types of hair demand different ways of care, using a shampoo and conditioner specific to each type of hair becomes essential. Not every clean works for everybody. You might have noticed that the same brand of shampoo has various products for various types of hair. Always ensure that to achieve effective hair care and one need to use the right products according to their hair type. Various hair care products are designed especially for particular hair types and so, it becomes highly important to know what your hair type is. Hair is of three types, which expand over oily, normal-to-dry, normal (healthy) and there is a wide variety of hair products available for all these different hair types. Hair care should be considered when you are coloring your hair using hair color products that won't harm your scalp or injure your hair. Hair care coloring is not only fast and easy but the chemicals in products are much less caustic to the hair than they were years ago. Good-looking and natural looking hair color is as sought after as ever and with the proper hair care and color, you can bring out your eyes and make your skin glow. There are several different types of hair color. Some simply lay color on top of the hair and others require a chemical reaction that takes place inside the hair shaft. To avoid all hair care disasters, follow these of great hair care:

- Avoid unethical and over-the-counter hair care products whenever you can. Many of these only offer false hopes and promises.
- Do not cut your own bangs. Leave all of your cutting needs, even bangs, to your hair care professional.
- Do not use clarifying hair care products on your tresses more than one time per week. They can strip hair of damp and essential oils.
- Never stick with an outdated look because you are afraid of looking different. Styles change for a reason. Ask your hair care expert to bring you into this decade with a new style.
- Do not visit a hair care salon without first getting a referral from someone you can trust. Choosing a salon based on a poster or sale alone is very risky.
- Avoid excessive sun, chlorine and salt water during the summer months. Excessive exposure can cause severe damage that is irreversible even if you use the best hair care products.
- Don't brush your hair or put too much tension on it while it is still wet. This will cause breakage. Also, do not wear tight styles such as cornrows for extended periods of time unless you have ethnic hair.
- Do not purchase hair color that comes in a box.

## About the Author

Mrittunjoy has expertised in content writing. Distributed by [Hair Growth Products](#) - [Hair Growth](#)

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