

HOW TO MAKE HAIR GROW FASTER

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1 Introduction

There are shortcuts to growing luscious, long locks. On average hair grows about a half an inch per month. Your general health, wellbeing and genetic factors affect your rate of hair growth. You can encourage hair growth by maintaining healthy hair through a good diet and proper hair care. Certain herbs can help make your hair grow faster.

2 ways to help you make your hair grow faster

2.1 Eat a healthy diet

Eating a diet rich in proteins and vital vitamins plus minerals is an essential prerequisite to healthy hair growth. Opt for foods high in vitamins A, B, C and E, iron, zinc, copper, magnesium and selenium, vitamin B-complex, in particular is extremely important for making your hair grow faster. So include a variety of foods like milk, cheese, yogurt, chicken, eggs, whole grains, salmon, spinach, broccoli, bell pepper, cabbage, avocado, olive oil and other foods rich in omega-3 fatty acids. Avoid deficiencies because they tend to affect your hair adversely. Vitamin E and zinc deficiencies lead to hair thinning and loss.

2.2 Use castor oil

Being rich in vitamin E and essential fatty acids especially omega-9 fatty acids, castor oil promotes hair growth naturally. As this oil is quite viscous mix the castor oil with an equal amount of coconut, olive oil or almond oil. Massage your scalp with it and leave it on for 30 to 45 minutes. Then shampoo your hair. You can also add essentials, especially rosemary, peppermint, eucalyptus, lavender, or thyme oil, to the castor oil and then put it on your hair.

2.3 Massage your scalp

Massaging promotes blood flow to the scalp which in turn stimulates the hair follicles. In addition, deep condition your hair once a week with a hot treatment or deep conditioning hair mask.

- Apply the oil (preferably warm) or conditioner to your hair;
- Gently rub your fingers on your scalp in a circular motion for three to five minutes;
- Rinse the oil or conditioner out of your hair:

Flip your hair upside down, flipping your head over for two to four minutes daily, it is believed to work by improving circulation.

2.4 Stay stress free.

Stress is one of the most important factors that contribute to hair loss. It is believed that stress can disrupt the normal hair cycle and trigger hairs to enter the telogen or fall out phase. Thus when striving for faster hair growth minimize the stress of your life. To manage stress you can use meditation, breathing exercises or other relaxation techniques. Plus to get your beauty sleep as the growth hormone is released during sleep.

2.5 Whip up an egg mask

Eggs are highly beneficial for faster hair growth because they are packed with protein and also iron, sulfur, phosphorus, zinc and selenium. You can use an egg hair mask at least once a month.

- Whisk an egg. Mix in four table spoons of grape seed oil and a few drops of lavender oil. Apply it on your hair and scalp and leave it on it for half an hour. Finally rinse it out and shampoo your hair as usual. ;
- Apply a mixture of two egg yolks and two table spoons of extra virgin olive oil on your scalp. Leave it for 15 to 20 minutes. Wash it out with cold water and then shampoo your hair.;
- Alternatively whisk an egg and add on one cup of milk two table spoons of extra virgin olive oil and the juice from half lemon to it. Apply it on your scalp and leave it on for 20 to 30 minutes before washing it out and shampooing your hair.:

3 Conclusion

And lastly make sure you wash and shampoo your hair at least once in a month and practice the above methods daily and your hair will grow faster and longer hence enhancing your beauty.