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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## Home Remedies For Shiny Hair

By Sharon Hopkins

We all love our hair and would not mind taking that extra step to take care them. For beautiful, lustrous and shiny hair use these simple home remedies.

- A tea and beer rinse is one of the oldest ways to bring shine to your hair. Boil used tea leaves in enough water, let it cool and then use this liquid as the last rinse.
- In the similar fashion you can use flat beer (i.e. after letting the fizz out). This is a great conditioner to be used for your hair.
- Lemon juice mixed with water can also be used as a last rinse to give your hair a shiny and bouncy look.
- A shiny look is also provided if you use vinegar for your final rinse.
- To bring that shine one can use honey to keep your scalp moisturized. You can make honey lotion for your hair by mixing 3 teaspoons of honey for pint of water.
- The use of henna as a natural conditioner proves to be very beneficial for your hair. It helps to bring back the bounce and flair of your hair which has been lacking for quite a while.
- You can add small amount of baking soda in the shampoo which, removes dirt and grease from your hair to give you the shiny look.
- To remove the dirt and other matter from your hair you can use one fourth cup of apple cider vinegar in one gallon of condensed water. This can be stored in the refrigerator and can be used every two weeks for clean, smooth, silky and shiny hair. The proper way to use this solution is to wet your hair with warm water, shampoo it later rinse it. Pour two cups of this mixture and leave it in your hair for sometime. The last stage is to rinse your hair with cold-water.

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· To get that extra shine for your hair brew one cup of strong espresso, let it cool. Pour the espresso over your dry hair and leave it for 20 minutes. Rinse it to get the extra shine and glow.

· You can also make Egg shampoo at home which requires 1 egg, 1 teaspoon olive oil, 1 teaspoon lemon juice, 1 tablespoon castile soap, 1/2 a cup water or herbal tea and last but not the least 5 drops of essential oils of your choice. Blend all these together to make an Egg shampoo which can bring shine to your hair.

· Many of us who want to clean their hair use shampoos. Try this for a change, massage baking soda into your hair and scalp. This absorbs oil and loosens the dead skin on the scalp. Rinse it thoroughly with water. In the initial stages the hair would be dry but after several weeks you would be dandruff free with smooth and shiny hair.

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are

allergic to it. The responsibility lies with the reader and not with the site or the writer.

Sharon Hopkins, the webmaster of various sites such as

<http://www.home-remedies-for-you.com>

helps

you in your daily life with its simple and easy home care remedies. Our hair is our asset and by using these simple home remedies we can surely get the shine back.

### **Tips On Using An Hair Iron**

**By Ofer Tirosch**

The hair iron is coming more and more popular. It is used by women of all ages and for various purposes. We have gathered a few tips and guideline by women who use or used hair iron or other products to straighten their hair. We strongly advise to read it before you start using hair iron or other hair straightening tool

1. Use the hair iron only after you have cleaned your hair. Actually, it can be dangerous to use it before you clean your hair because dirt or grease left in the hair will be cooked by the heat of the hair iron and the damage made is inevitable.

2. Do not iron your hair with a clothes iron. If you will use it without taking the necessary safety measures, your hair will singe. The singed hair can not be cut out or covered up. Use a hair iron produced for this purpose instead

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3. A short straightening method using a hair flat iron : First dry your hair for about 15 minutes using a dryer, then continue drying your hair and at the same time comb it with your fingers. Comb it carefully so that you will get the curl out. Then, for a short time (no more than five minutes) use the hair iron at the ends of your hair. This is a proven and safe way to straighten and keep your hair shiny.
4. Following blowing dry your hair with heat, We advise you to switch to cold hair (Most products have this option). It makes your hair shiny and it is healthier for your hair.
5. Always use a brush while blowing dry your hair. It makes your hair straight and saves time.
6. Blow hair dry at night for a great and straight look in the next morning.
7. Try putting some gel after dividing your hair into three sections while blow drying your hair with a comb for straightening your hair.

911 Corp. executed an independent research and found that Sedu hair iron is the most efficient hair iron. More on

<http://www.911stophairloss.com>



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