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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!

How To Use Avocado As Your Hair Care Product

By Loraine Lesley

Let's role on...life must go on and the life of your natural hair is in your hand. Take care of your hair

with avocado and don't let it look dull due of incorrect caring. It's your responsibility for having good looking hair since your appearances is based upon your healthy hair. You probably need good natural hair care products.

But, what does it mean when people said about natural hair care products? Well, hair care products that are advertised "natural" may probably mean free from chemical substance or it may also environmentally friendly products with plant and herbal additives as their substances.

How do you choose natural hair care products? Hmm...when you purchase hair care products please read the labels and make your own decisions on what level of "natural" ingredients you wish to accept in the hair care products that you use on your hair. This is the most responsible way to select the best products for you.

But there is other way; besides using natural hair care products, you can do some favor for your hair to make it more wonderful here using real natural fruit. This is the hair conditioning treatment using avocado. Check this out:

- Mash one avocado which is recommended for its hydrating benefits and proteins and mix with one-tablespoon lemon juice, one teaspoon of sea salt, and one tablespoon of pure aloe until it becomes a paste.
- Comb through hair with your fingertips.
- Cover hair with a plastic shower cap or bag, and wrap a towel around it to seal in the treatment.
- Leave in for 20-30 minutes and enjoy a great book, CD or even better – just savor the peace and quiet!
- Unwrap you newly conditioned hair. Rinse, shampoo and rinse again for soft, luxurious hair!

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Of course there are other fruits you can use for your hair natural treatment. But the step you do is the same like have been described above. You will have good looking hair by the time you check the Internet for more natural hair care products.

Why you need to look for your other natural hair care products at the Internet? Based on some people experiences, Internet is the best place to search for your hair care product. Although you already use fruit such as avocado above, your hair still need more nourishment from hair care products that is available in the Internet.

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why she offers practical articles and tips on Skin Care, Hair Care, and more. To discover her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>

Condition Your Hair For Less

By Kenia Morales

Condition Your Hair For Less by Kenia Morales

Avocado conditioner

Ingredients

1/2 avocado

Directions

Squish avocado in a bowl.

Apply to every inch of hair.

Wrap hair with plastic cap or towel. Leave on for 10–20minutes. rinse well and style as usual.

Mayonnaise conditioner

Ingredients

1 egg

1/2 cup of mayonnaise

Beat egg on a medium bowl.

Mix mayonnaise and beaten egg.

How To Use Avocado As Your Hair Care Product

Directions

Apply to hair. Wrap hair with plastic cap or towel.
leave on for 10–20 minutes. Rinse well and style as usual.

Kenia Morales is the owner and publisher of online magazine For Every Aspect Of Today's Woman.
To find beauty tips, spicy recipes, home business resources visit her site at <http://www.kpatra.com>



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