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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!

Oiling Your Long Hair

By Stephanie Foster

One of the problems with long hair is how hard it is for your hair's natural oils to get all the way down to the ends. You can help your hair feel great with a good conditioner, but oil can be really helpful.

My personal preference is to use jojoba oil. I buy it at my local natural foods store. I like to scent it with a bit of lavender oil too, since I love that scent.

It takes very, very little oil to do the job. My hair copes pretty well with being long, so I find I do best by only oiling the last few inches. If I do much more, my hair shortly looks oily, and that's not the look I'm after.

I added the lavender oil to the jojoba before using it, right in the bottle.

The thing to remember is that you hardly need any oil at all. Put a drop or two in your palm, rub your hands together and stroke your hair smoothly between your hands. Just on the ends, as I said before. It really doesn't take a lot.

If you need extra help for all your hair, try oiling the entire length of your hair before bed, and wash it out in the morning. This will give the oil time to soak in.

Of course, jojoba isn't the only oil that works well. Coconut oil is quite popular, although it has a stronger scent. Some use olive oil straight from the kitchen cabinet. If you aren't sure about putting oil in your hair, you can start with that, but a lighter oil really is better in the long run.

What does the oil do for you? It keeps your hair moist and flexible, so it doesn't break so easily. If you want your hair to grow long, that's vital.

If you do choose add a scent to your oil, make sure it is one that is safe for your hair. Some essential oils are really not good for your hair.

Oiling Your Long Hair

Oiling your long hair is one of those things where you'll feel the difference in the texture of your hair quickly, but it will take time to see a difference in how long it grows. After all, it takes a long time for hair to grow. But if you're serious about having really long hair, it's an easy step to add to your routine.

Stephanie Foster enjoys the pleasure of having long hair, even when it takes a little extra effort. You can learn more about long hair care at

<http://www.whylonghair.com/category/long-hair-care/>

Hair Oil – A Need For Anyone And Everyone

By Sharon Hopkins

Oiling ones hair is one of the most important things, if we want to take care of our hair. It is very necessary that hair is given proper treatment which would mean a massage with some of the most beneficial oils.

Having the right kind of oil for your hair is very important and so is oiling your hair. Many of us have a hectic schedule due to which, oiling and washing our hair holds the last priority. If you want healthy hair and one which lasts longer – oiling is the best remedy.

There are so many oils in the market which tells you tales about the benefits it provides. Before jumping in the bandwagon with others, check it from which company you are buying the oil. A trusted and known company is very important as there are many duplicates in the market.

Having good hair oil is not enough eating the right kind of food also helps. Harmful foods such as canned and processed food which do not protect your hair instead damage it, should not be eaten. Fresh coconut is very good for your hair.

For beautiful and strong hair, massage your scalp with hair oil and leave it overnight. You can also use a steamed towel to cover your hair for half an hour for best results. This gives your hair a shiny and lustrous look.

Oiling your hair everyday would be too much to ask for. But do this at least thrice a week for beautiful hair. It does make a lot of difference if you keep doing this regularly as it is bound to show on your hair.

The massaging and oiling of your hair stimulates the blood circulation, which in return helps your hair. Due to the oil your hair is protected from the strong and hot sun rays. The oil also gives your hair that extra shine.

Some of the most popular and very beneficial oils which are being used for beautiful long hair with indefinite good qualities are

Jojoba Oil – can be used for dry hair as it helps to moisturize your hair properly. It helps to soften your hair and can be used to detangle your hair before shampooing.

Oiling Your Long Hair

Olive Oil – strengthens your hair and nourishes it due to inherent qualities it has. It helps to reduce stress and promotes the idea of healthy hair by providing elasticity to your hair.

Coconut Oil – is one of the oil which helps in the lubrication of the hair. The content in coconut oil like magnesium, potassium, calcium and iron happens to provide the best for your hair. It is very useful for damaged hair due to its ability to strengthen it.

Rosemary Herbal Oil – is very useful for the unwanted and flaky dandruff problems. Warm the oil slightly and apply it with the help of your fingers or cotton. Rub it well on the scalp and wrap with a hot towel.

Sharon Hopkins webmaster for sites like

<http://www.hair-n-skin-care.com>

can do wonders for you with

information provided in your very own home. Information on hair and skin care and knowledge about products is also given. Hair oil is the basic need for your hair which has to be done properly.



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