

Healthy Hair and Healthy Oils



by CANDEB on SEPTEMBER 26, 2013

😊 Wellness by Nature

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Have healthy and beautiful hair the inexpensive and natural way.

As I have shared with you all, my passion for eating living green beings, such as veggies, came after a bout with a short period of sickness and lack of energy. I found out that, at least for me, the connection was diet. I had always eaten right, but not as well as possible. These days I have **learned to stick with fruits, vegetables, whole grain and the other God made things. This might be the reason why my hair is healthy.** However, I have also added a series of natural oils and spices to my hair care routine. In this article

[Wellness by Nature](#) will look at some of these products, which most likely are already in your pantry.

I cook with sesame oil and learned to use it when I lived in Hawaii – yes, Hawaii is in my opinion paradise on Earth. My Polynesian and Pilipino friends had long and beautiful hair so I asked them how they did it. The reply was always the same – oils. We will look at some of these oils.

[Coconut oil](#): unrefined coconut oil is excellent for individuals who eat a lot of vegetables. Vegans lack this medium – a chain of fatty acids and this oil provides healthy fat. This fat turns into energy. This oil leaves my hair loose and fluffy.

How to apply: place 5 to 10 tablespoons on your scalp. Massage the oil in gently. Cover with a plastic shower cap. Let it sit for one hour (I do this when I clean my house) Shampoo and style as always.

[Olive Oil](#): this is one of the most stable vegetable oils and it is rich in Vitamin E. In fact, $\frac{3}{4}$ of this oil is monosaturated so it lowers bad cholesterol and leaves good cholesterol undisturbed.

How to apply: Use $\frac{1}{3}$ to $\frac{1}{2}$ of cup at room temperature. Massage into your hair. Cover hair with a shower cap and let it sit for $\frac{1}{2}$ an hour. Shampoo and style as always.

[Sesame oil](#): rich in natural antioxidants, this even helps lower cholesterol. This oil leaves my hair shiny and beautiful, like my Hawaiian friends.

How to apply: place about 10 drops in your hair before showering. Cover with a plastic shower cap. Let it sit for 20 minutes. Shampoo as always.

Warning: sesame oil might not agree with people who suffer from food sensitivities so please speak with your physician.

A gift to you:

While you are diligently making guacamole, sit ½ of a ripe avocado to the side. Mix with 2 tablespoons of any of these oils. Massage into your oil, cover and leave it for 20 minutes. Shampoo and style as usual. **Avocados are rich in vitamins and your hair will love it!**

Well friends, grab some good oils, start using them in your hair and you will see and feel the difference. I usually do these applications twice a month and add variety. Just like exercise, I recommend changes in routines so that the body will not become use to one – variety is a good thing so be flexible.

Cande

“Do not just look at a homeless and hungry person with compassion, but make that compassion practical: extend your hand with a piece of BREAD – make the difference today.”

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Watch this:

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