



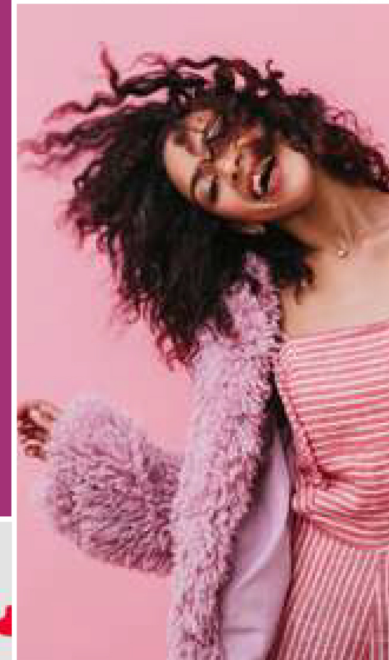
HEALTH TOTAL

Simple - Real - Scientific

www.health-total.com



**DIY HAIR MASKS
FOR
HEALTHY &
SHINY HAIR**



FIX YOUR HAIR WITH THESE MASKS

Hair, a sign of beauty and care, has always been important in everyone's life. Be it a man or a woman, hair needs to be taken care of, very diligently.

Due to a busy schedule, we hardly get time to take care of our hair. So, here's a special feature on hair care from Health Total experts. We've curated 11 hair masks that can be made using ingredients available in your kitchen itself! Now, flaunt your new shiny, healthy & stronger hair!

EGG MASK (TO REDUCE HAIR FALL)

INGREDIENTS:

- 1 egg
- 1 cup of milk
- 2 tbsp of lemon juice
- 2 tbsp of olive oil



METHOD:

- Whisk the egg and mix it with the other ingredients
- Apply the mixture to your hair and scalp
- Cover your hair with a towel or shower cap
- Wash it off with cold water after 20 mins

BANANA MASK (REDUCES DANDRUFF & DAMAGE)

INGREDIENTS:

- 2 ripe bananas
- 1 tbsp of olive oil
- 1 tbsp of coconut oil
- 1 tbsp of honey



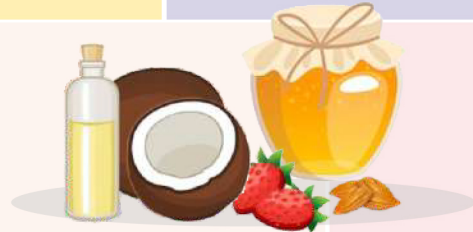
METHOD:

- Mix all the ingredients in a bowl to a smooth consistency
- Apply the mixture to your scalp and hair until you cover everything
- Let it sit for five minutes
- Wash with lukewarm water

STRAWBERRY MASK (MOISTURISES & NOURISHES HAIR)

INGREDIENTS:

- 3-4 fresh strawberries
- 1 tbsp of coconut oil
- 1 tbsp of honey-almond



METHOD:

- Blend all the ingredients until you get a mixture that has a smooth consistency
- Apply the mask on your scalp and from the roots to the tips of your hair
- Rinse it after 20 mins with cold water

GREEN TEA MASK (TO REDUCE HAIR LOSS)



INGREDIENTS:

- 1 egg yolk
- 2 tbsp of green tea

METHOD:

- Mix the ingredients until the mixture acquires a creamy texture
- Apply it to your hair and scalp using an applying brush. Leave it for 15-20 mins
- Wash it off with cold water before shampooing

COCONUT OIL & HONEY MASK (FOR DRY HAIR)

INGREDIENTS:

- 2-4 tbsp of coconut oil
- 1 tbsp honey



METHOD:

- Blend all the ingredients and apply in small sections to clean, damp hair
- Cover hair with a shower cap or towel for 30 to 60 minutes
- Shampoo out, and condition

ALMOND MILK & COCONUT OIL MASK (FOR DRY & DAMAGED HAIR)



INGREDIENTS:

- 4 egg whites
- 5 tbsp almond milk
- 2 tbsp coconut oil

METHOD:

- Whisk or blend ingredients and apply the to clean, damp hair
- Cover hair with a shower cap or towel for 45 minutes
- Shampoo out, and follow with conditioner.

APPLE CIDER VINEGAR RINSE (FOR ITCHINESS & DANDRUFF)

INGREDIENTS:

- 1/2 to 4 tbsp apple cider vinegar
- 237 ml water in spray bottle



METHOD:

- Mix 1/2 to 4 tbsp of apple cider vinegar with 237ml of water in a spray bottle or similar container
- After shampooing, pour or spray the rinse on to wet hair
- Massage into hair and scalp and pay special attention to the ends
- Let it sit for a couple minutes and rinse it all out.

FLAXSEED & LEMON JUICE MASK (FOR THICK HAIR)

INGREDIENTS:

- Quarter cup of flaxseeds (soak overnight)
- 2 cups of water
- 1/2 tsp lemon juice
- Essential oil of your choice



METHOD:

- Boil flaxseeds in the morning
- Once it thickens, reduce the flame. Squeeze lemon juice in it
- After a few minutes, turn off the heat and let it cool
- Add a few drops of any essential oil
- Apply it and leave it overnight. Shampoo next morning

COCONUT & BANANA MASK (FOR HEALTHY HAIR GROWTH)

INGREDIENTS:

- 1/2 cup coconut oil
- 1-2 ripe banana
- 2-4 tbsp coconut milk



METHOD:

- Blend coconut oil and banana together
- Mix well and then add coconut milk to the mixture
- Apply it gently to your hair and scalp
- Keep it for as long as you want and then shampoo

ROSEMARY MASK (FOR HAIR REGROWTH)



INGREDIENTS:

- 2-3 tbsp of rosemary (finely chopped)
- 1 cup water

METHOD:

- Boil rosemary for a few minutes and then strain the liquid.
- Once it has cooled, massage the liquid gently on your scalp.
- Leave it for 15 minutes then wash off with warm water.

YOGURT MASK (TO REDUCE BREAKAGE)

INGREDIENTS:

- 1 cup of fresh yogurt
- 1 tbsp apple cider vinegar
- 1 tbsp honey



METHOD:

- Mix all the ingredients together in a bowl. Apply it on your hair.
- Leave it for half-an-hour and then wash off with cold water

Disclaimer

This eBook has been written for general informational purpose only. Whatever images you see are from the different sources of internet. Results may vary from person to person.

If you are allergic to any of the ingredients used for making the masks or undergoing any hair treatment, it is advisable to consult your dermatologist before trying these hair masks.



HEALTH TOTAL

Simple - Real - Scientific

www.health-total.com



**FOR PERSONALISED
HAIR CARE PLAN,**

CALL
1-800-843-0206



HealthTotalby
AnjaliMukerjee



@health_total



amhealthtotal

