

10 Diy Protein Hair Treatment For Women Over 50

Homemade treatments will save you a lot more and will give you pretty much the same results as commercial treatments. Preparing the hair packs is simple and will take you less than 5 minutes.

How To Know When Your Hair Needs A Protein Treatment

Even after years of caring for your hair, it can be hard to immediately tell when your hair is craving some proteins. Many women think that when hair is dry, it needs some protein, but that is not always the case. Dryness is not the only measure that your hair lacks proteins. To be certain, watch out for these signs:

- Hair that has little to no elasticity
- Hair that breaks easily or is brittle
- Hair that lies flat and is limp or stringy
- Hair that is highly porous

Benefits of DIY Protein Treatment

Whether you have straight, curly, wavy or frizzy hair, your mane will greatly benefit from a protein treatment. DIY protein treatments:

- Strengthens hair
- Repairs damaged hair
- Improves hair elasticity
- Protects hair from damage
- Helps to prevent split ends and hair breakage
- Improves the overall look and health of the hair

How Often Should You Treat Your Hair With the DIY Protein Treatment

This largely depends on your hair and the ingredients used. Some ingredients make milder protein treatments than others and can be used as often as once a week. Stronger ingredients

or ingredients that contain a high amount of proteins should be used less frequently. We suggest every 4-6 weeks.

Even though immensely beneficial, too much protein can damage your hair. It hardens the hair making it brittle and susceptible to breakage.

10 Best DIY Proteins for Women Over 50

1. Avocado-Coconut Milk

Coconut milk and avocado hair pack make for a great protein treatment for promoting hair growth. Coconut milk is rich in proteins, while avocados are rich in vitamins A, B, and E, all of which you need for the overall great health of your hair.

Ingredients You'll Need

- 1 ripe avocado
- 2 teaspoons olive oil or coconut oil
- 2- 4 tablespoons of coconut milk

How To Prepare The Treatment

1. Mash the ripe avocado with a fork until soft with no lumps
2. Add the coconut milk and mix until you get a smooth consistency
3. Add olive oil to the mixture and mix some more
4. Apply the mixture starting with the scalp and then hair as you massage it in
5. Put on a shower cap and leave the mixture in for 30 minutes
6. Wash off with shampoo and condition your hair to add moisture

2. Coconut Milk Hair Treatment

If you struggle with dandruff, this coconut milk hair treatment may be the best solution. It is loaded with vitamins B, C, and E as well as saturated fatty acids. In addition to promoting healthy hair growth, it restores the lost protein back to your strands. Because this is a mild treatment, you can use it twice a week.

Ingredients You'll Need

- 5 tablespoons coconut milk

How To Prepare The Treatment

1. Pour the coconut milk into a saucepan and warm it for about three minutes on low heat or until it curds. Be sure to stir all through.
2. Let it cool a bit, then apply the coconut milk paste to your scalp and hair and massage it into the scalp
3. Put on a shower cap and leave the coconut milk in for some hours or even overnight
4. Shampoo and condition your hair the next day

3. Egg-Yogurt Hair Treatment

Eggs are a rich source of proteins, which is why they are a popular ingredient for hair treatment packs. They leave hair so clean, smooth, and shiny. If you don't like the smell of eggs, you can add in a few drops of your favourite essential oil. Use the egg white if your hair is normal, and use the yolk if it is extremely dry. Some women prefer the whole egg, which is fine as long as your hair isn't excessively dry. You can use this hair pack once a week.

Ingredients You'll Need

- 1 egg (2 if your hair is super dense and thick)
- 2 tablespoons of natural yogurt

How To Prepare The Treatment

1. In a bowl, beat the egg(s), add in the yogurt, and mix together until you get a smooth mixture
2. Section your hair and apply the mixture to your scalp first, then the roots and the rest of the hair
3. Leave it in for at least 20 minutes
4. Rinse out the treatment
5. Shampoo and condition as usual

4. Mayonnaise-Avocado Hair Treatment

This hair pack is loaded with every nutrient needed to repair your damaged hair, nourish and strengthen it. Because mayonnaise contains eggs that are loaded with proteins, this treatment should only be used once a week. It is also not ideal for very oily hair.

Ingredients You'll Need

- 2 tablespoon mayonnaise
- 1 ripe avocado

How To Prepare The Treatment

1. Using a fork, mash the avocado till there are no lumps
2. Add in the mayonnaise and mix until well combined.
3. Apply the mixture to your hair, starting from the roots all the way to the tips
4. Leave it in for about an hour.
5. Rinse the treatment with cool water.

6. Shampoo and condition as usual.
7. Apply this protein mask for hair once a week.

5. Avocado-Egg-Olive Oil Hair Treatment

This is a hydrating protein treatment pack for extremely dry and damaged hair. The hair pack can be used even twice a week. However, if your hair is very oily, you may want to keep it to once a week. The egg and avocado contain proteins that provide the needed nourishment to keep hair strong and elastic, repair damage from heat and color, and promote hair growth. In addition, the olive oil present works as a natural conditioner.

Ingredients You'll Need

- 1 whole egg
- 1 avocado (very ripe)
- 2 teaspoons olive oil

How To Prepare The Treatment

1. Mash the avocado, and add the egg and olive oil. You want to mash and mix until you get a smooth paste
2. Apply the mixture to your scalp and hair in sections
3. Leave it in for at least 40 minutes
4. Rinse out the treatment with cool water
5. Shampoo and condition your hair as usual

6. Yogurt-Cream-Egg Hair Treatment

The yogurt-cream-egg hair treatment is ideal for treating dry hair. It is packed with proteins and fats needed for nourishing hair, removing build-up, and moisturizing. The yogurt is an excellent cleanser. It helps in cleaning the scalp and hair shafts. Use this hair pack twice a week if you have dry hair and once a week if you have oily hair.

Ingredients You'll Need

- 1 whole egg
- 3 tablespoon cream
- 3 tablespoons yogurt

How To Prepare The Treatment

1. Mix all the ingredients in a bowl, then whisk until you get a smooth paste.
2. Apply the treatment to your scalp and hair
3. Leave it in for at least 45 minutes.
4. Rinse it out
5. Shampoo and condition as usual

7. Mayonnaise-Egg Hair Treatment

Both mayonnaise and egg are loaded with proteins, making this combination fantastic for repairing damaged hair and protecting against breakage and split ends. The pack also leaves hair soft and silky. Use

Ingredients You'll Need

- 1 whole egg white
- 3 tablespoons mayonnaise

How To Prepare The Treatment

1. Combine the ingredients and beat until you get a smooth mixture.
2. Apply the mixture evenly to your hair while massaging
3. Leave it in for at least 45 minutes.
4. Rinse out the mixture
5. Shampoo and condition as usual.

8. Avocado-Coconut Oil Hair Treatment

Coconut oil is known to penetrate deep inside the hair shaft. This penetrative property, besides the fatty acids and vitamins it contains, makes it ideal for repairing protein damage. Now add that with the avocado, and you can be sure of healthy and strong hair with every application. The hair pack can be used once a week.

Ingredients You'll Need

- 1 ripe avocado
- 3 tablespoon coconut oil (cold-pressed)

How To Prepare The Treatment

1. Mix the oil and avocado and mash until you get a smooth paste
2. Apply the mixture to your scalp while massaging then to the rest of the hair
3. Leave it in for at least 45 minutes
4. Shampoo and condition your hair as usual

While DIY protein treatments are just as good, keep in mind that they only nourish the hair from the outside. For complete nourishment and better hair growth, we recommend doing this along with eating healthy. A healthy and balanced diet will help nourish and strengthen hair follicles as well.

