

**Client: WeStyleAsia.Com**

## **5 Miraculous DIY Masks for Perfect Hair.**

Time to whip your hair back and forth!



*Image Source: <https://www.pexels.com/photo/sunglasses-woman-girl-faceless-2867/>*

Our hair, on a daily to monthly basis, is scrubbed, rubbed, tied, dyed, burnt and pulled. It is only fair that it gets the best treatment it rightly deserves. We are not talking about expensive hair care products and hair treatments that basically sucks the soul out of your wallet.

DIY hair masks is the way to go! It is basically hair sanctuary. Everything is made fresh, using only ingredients that are found in your kitchen! Which means there is no worries that your hair will fall or your scalp will burn if the product does not suit you.

Read on and find out how to achieve amazing hair!

## 1) Olive oil and Honey Mask



Image Source: <https://pixabay.com/en/olive-oil-salad-dressing-cooking-968657/>

Olive oil is a long-standing ingredient for hair treatment. It helps strengthen hair roots and tames the frizz. This is especially good for those with naturally curly hair.

Ingredients:

- ½ Cup of Olive oil
- ¼ Cup of Honey

Mix ingredients well and massage in onto your scalp. Make sure to spread the mixture from the roots to the tips. Roll your hair into a loose bun and let it sit in a shower cap for 30 minutes and wash off as usual with shampoo. Repeat this twice a week to see better results.

## 2) Egg & Avocado Mask



Image Source: <https://pixabay.com/en/avocado-vegetable-food-healthy-2115922/>

We often use egg as a face mask but imagine how good it is for your hair. It is like an energy bar for your hair follicles and it goes without saying that Avocado is enriched with health benefits. It may sound a little off putting but do not worry! This author has tried this and can ensure that the egg smell does not stay on. After two washes, you are good to go.

Ingredients:

- 1 egg yolk
- ½ avocado

Mash and mix the ingredients well. Spread it around your hair from the roots to the tips. If you are finding it a bit difficult or if your hair super long hair, add some coconut oil to help the ingredients spread better. Leave it on for 15 minutes and wash off well with your regular shampoo. Repeat this once a week and you will have shiny hair for days!

### 3) Coconut oil & Honey Mask



Image Source: <https://pixabay.com/en/honey-sweet-syrup-organic-golden-1006972/>

In an addition of it smelling super good, it keeps your hair moisturized! Those with dry hair will benefit greatly from this. It will leave your hair looking nourished and full!

Ingredients:

- ½ Cup of Coconut oil
- ½ Honey

Mix the ingredients well and massage it onto your hair from the roots to the tips. Roll your hair up loosely in a shower cap and leave it on for 30 minutes before washing it off naturally. Repeat this once a week to see instant results.

#### 4) Strawberry Yoghurt Mask



Image Source: <https://unsplash.com/search/photos/strawberries?photo=nTPA6tWBhI>

Yum! Nourish your hair and have a snack in the meantime. This mixture will boost your hair volume and create a healthy shine while controlling excess oil production. Best for those with an oily scalp.

Ingredients:

- 5-6 strawberries depending on how long your hair is
- ½ plain yoghurt

Blend the ingredients well and massage it well onto your hair from the roots to the tips. Leave the mask on for 15 minutes in a shower cap before washing off as usual. Repeat this twice a week to help reduce oiliness in your hair.

## 5) Coconut oil & Apple Cider Vinegar Mask



Image Source: <https://pixabay.com/en/coconut-oil-oil-white-glass-jar-2535272/>

The best is saved for last! This author swears by this mask as it helps greatly with boosting hair volume, helps stimulate hair growth and calms an itchy scalp. If you are still sceptical, know that my 87-year-old grandmother has a head of hair as thick as a bush at floor length!

Ingredients:

- ½ cup of coconut oil
- 1 tablespoon of Apple Cider Vinegar

Mix the ingredients well and massage it onto your hair from the roots to tips. Leave it on for 20 minutes before washing it off as usual. You do not need to keep this mask covered but you may do so if you want to lay down and chill. Repeat this at least twice a week for long, healthy and volumized hair.

These masks will work great and all but also remember that healthy hair starts with a healthy body as well! So drink more water and have a balanced meal to give your hair the moisture and nutrients it needs to grow healthy.

Ending on a bright note, you can always mix and match the ingredients to suit your hair. There is no harm experimenting with these ingredients as they do not contain any harmful chemicals! So have fun and have a good hair day!