



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

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Dandruff Home Remedies

1. Add six spoonfuls water, two spoonfuls pure vinegar and apply it on the scalp with cotton wool before going to bed. Tie a towel around your head to protect the pillow. Wash your hair next morning. After shampooing, rinse again with vinegar water. Continue this once a week for at least three months.
2. Mix a spoonful of lemon juice with two spoonfuls of vinegar and massage on the scalp. Wash your hair with an egg shampoo after this.
3. Soak fenugreek (methi) seeds in yogurt overnight and apply the curd on your scalp for half an hour before washing in the morning.
4. Hair washed with fenugreek (methi) seed paste prevents dandruff, falling hair, baldness and dandruff keeping the hair long, healthy and black. Just soak the fenugreek seeds overnight in water to soften the seeds and grind in the morning to make paste. Before hairwash, apply this paste on scalp and hair and leave it on for half an hour. Wash off with shampoo later.
5. **Egg Pack for Dandruff:** Beat two eggs and add two tablespoons of water to it. Wet the hair and apply the egg mixture over the hair. Now massage your scalp and let the mixture on for ten minutes to fifteen minutes. Then rinse the hair with lukewarm water. This will keep both dandruff and hairfall problem away from you.

Natural Anti-Dandruff Massage:

- Massage your scalp with warm coconut or castor oil twice a week.
- Massage with the tips of your fingers in a circular movement for at least half an hour.
- Leave it on overnight and shampoo the following morning.
- This prevents the hair from becoming dry and moreover prevents dandruff and falling hair by improving the circulation and strengthening the hair roots.