

# DIY – Herbal Hair Oil Mix

## Ingredients:

- 500 ml coconut oil (unrefined, unperfumed)
- 2 tbsp neem leaves (dried)
- 2 tbsp curry leaves (dried)
- 1 tbsp amla pieces (dried) or dried amla powder
- 2 tsp kalonji/nigella seeds/ onion seeds
- ½ tbsp fenugreek seeds
- 2 tbsp castor oil

## Method:

1. In an iron wok, take coconut oil, dried amla, fenugreek seeds, curry leaves, neem leaves and kalonji.
2. Heat it for 4 minutes.
3. You will see that the mixture turns black in colour.
4. Switch off the flame.
5. Leave it overnight.
6. Next day, strain it well. Now add castor oil and store in airtight bottle.

## Notes:

- We can use fresh amla and fresh curry leaves too, but just make sure they are not wet.
- Heat the oil a little prior application. Massage it on the scalp and leave it for a few hours followed by rinsing with a mild shampoo.
- You can use shikakai, hibiscus flowers, tulsi leaves too as per availability.
- Curry leaves strengthen the hair follicle and prevent greying of hair.
- Kalonji seeds are a natural antioxidant and help soften hair.
- Fenugreek seeds hydrate and moisturize the hair.
- Using neem leaves is an excellent way to curb dandruff.
- Coconut oil is a natural conditioner and has anti-microbial properties.
- Castor oil promotes hair growth and enhances the health of hair follicles.
- Vitamin C in amla helps produce collagen protein which stimulate hair growth.

