

GREY HAIR



क्या आप भी
असमय बाल सफेद
होने से परेशान
हैं ?

**Chemical hair
dyes and hair
product**

Genes

**Hormonal
Imbalance**

Vitamins

Stress

Smoking



1. HENNA + HIBISCUS FLOWER



- ❖ Take a few hibiscus leaves and grind them to make a paste.
- ❖ Mix the paste with a sufficient quantity of henna powder to make the hair mask.
- ❖ Leave it for 20-30 minutes, and get darker and shinier hair.



3. BHRINGRAJ + COCONUT OIL



- Heat oil for 2-3 minutes and add the bhringraj powder to it.
- Cool down completely before you apply it all over your hair and scalp.
- Leave it on for 45 minutes and rinse it off with shampoo and water.



2. AMLA + METHI

- ❑ Heat olive oil for about 2-3 minutes and add both powders.
- ❑ Strain the mixture and transfer to a glass bottle.
- ❑ Apply this all over your hair and leave it on overnight.
- ❑ Wash it off the next day with shampoo and water.



4. ONION JUICE + LEMON

- Combine the onion juice and lemon juice together and mix well.
- Apply this thoroughly to your hair and scalp and leave it on for 30 minutes.
- Rinse off with cold water and shampoo.



5. CURRY LEAVES + COCONUT OIL



- Mix the curry leaves and coconut oil together.
- Bring this to a boil till the mixture turns black in colour.
- Massage this onto your hair and scalp and leave it overnight.
- Wash off the next morning with water and shampoo.





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MEDICINE DICTIONARY

(Complete A TO Z Information)

पाइये दवाइयाँ से सम्बन्धित
सम्पूर्ण जानकारी



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