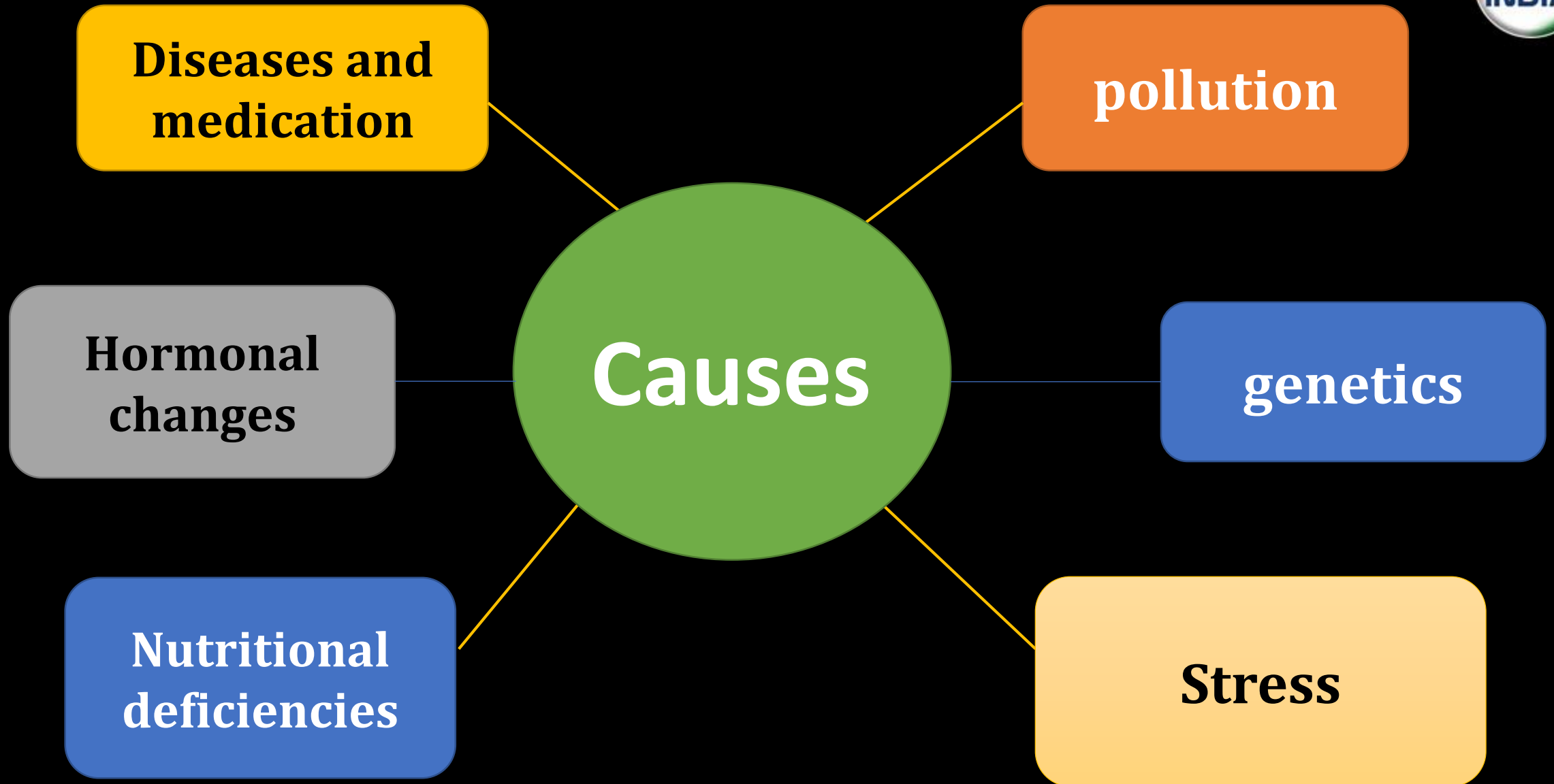


HAIRFALL REMEDIES



**कारण और
उपचार
जानिए पूरी
जानकारी**





Coconut Oil

- ❖ Massage virgin coconut oil gently into your scalp and hair.
- ❖ Leave it on for at least an hour before rinsing it off with a mild cleanser.
- ❖ Follow up with a conditioner

Amla (Indian Gooseberry)

- Apply fresh amla juice to your scalp.
- Leave it on for 30 minutes.
- Rinse it off using a mild cleanser.
- Follow up with a conditioner.

Onion Juice

- Blend the onion and strain the mixture to obtain the juice.
- Apply the juice to your scalp and leave it on for 30-60 minutes.
- Rinse it off with water.

Egg Yolk Mask

- Whisk the egg yolk.
- Apply it to your scalp and leave it on for at least 30 minutes.
- Rinse it off using a fragrant shampoo
- Follow up with a conditioner.

Curry Leaves

- Add a handful of curry leaves to half a cup of coconut oil and heat it.
- Once the mixture reduces to a black residue, allow the oil to cool.
- Strain the oil to remove the leaves from the mixture.
- Apply the oil to your scalp and spread it through your hair.
- Leave it on for 30-60 minutes.



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