



AYURVEDA HAIR CARE

Ayurvedic hair care regimes incorporate the use of herbs and natural powders native to India and Africa which are used religiously and renowned for the evident role they play in boosting long, thick and voluptuous hair, as well as to treat common hair problems such as hair fall, dandruff and other scalp conditions. To top it off they are preservative, silicone, synthetic ingredient and sulphate free! This is why, Bethany B. has chosen ayurvedic herbs as a substantial ingredient of our hair care line.

Add to an existing hair or skin care product or create your own hair mask, hair tea, face mask and more!

AYURVEDIC HERBS & BENEFITS

Aloe Vera: Heals and soothes the scalp, encourages hair growth, nourishes new growth, moisturizes hair, improves scalp condition.

Amla: Conditions hair, prevents hair loss, high in Vitamin C, improves condition of the scalp, nourishes the hair, equalizes sebum production of the scalp, thickens hair strands.

Ashwagandha: Amazing herb for hair regrowth, it is the most commonly used Ayurvedic medicine for hair fall. The hormone cortisol causes hair loss and slows down hair growth. It also boosts antioxidant activity and helps scalp circulation. It is an excellent remedy for dandruff and stimulates the production of melanin, which is essential for hair growth.

Bhringraj: Encourages and nourishes growth, heals dandruff/fungal infections of the scalp, rejuvenates the hair, decreases hair shedding, prevents scalp from drying out, helps soothe headaches.

Brahmi: Encourages growth, strengthens hair roots, thickens the hair, heals the scalp, decreases shedding, treats scalp conditions such as psoriasis and eczema, improves overall health of scalp and hair.

Cassia (Neutral Henna): Conditions and strengthens hair, improves scalp condition, gives hair incredible shine.

If you are thinking of using any henna hair care treatments, I suggest reading [Natural Hair Coloring: How to Use Henna and Other Pure Herbal Pigments for Chemical-Free Beauty by Christine Shahin](#). This book details henna origin, as many henna coloring tips, tricks and hair color recipes.

Fenugreek: An excellent remedy for hair fall. It is also one of the best solutions for dandruff and is known for its ability to boost scalp health.

Hibiscus: Naturally colors hair and covers greys. Encourages healthy hair growth, conditions hair, prevents hair loss and known to thicken new growth.

Marshmallow Root: Contains vitamins A and C that work to strengthen and restore dry, damaged hair. Amazing conditioning and softening properties that can make dry, dull, and brittle hair feel like silk. It will add luster and sheen to your hair to help restore it to its natural glory.



Neem: Anti-fungal/anti septic, treats several scalp conditions such as dandruff, psoriasis, acne, fungal conditions, eczema, soothes itchy scalp, remove excess oil from the hair/scalp, balances sebum production, nourishes hair roots and encourages growth.

Shikakai: Has a cooling soothing effect on the scalp, gently cleanses and conditions the hair and scalp, treats common scalp problems, Nourishes the scalp and encourages new growth, slows down shedding, softens and shines the hair.

Soapnut: Promotes hair growth, improves texture and volume, cleanses hair without stripping away natural oils from scalp

Tulsi: Contains several vitamins and minerals to help strengthen, restore, and fortify the hair. With superior antioxidant properties, it can help improve blood circulation in the scalp and promote hair growth from within while combating dry, itchy scalp, repairing damaged hair, and adding moisture to your thirsty strands.

Ziziphus Spina Christi (Sedr): Used to achieve the benefits of henna with no color change. Strengthens from root to tip of hair, leaves hair full of shine, deep, gentle cleansing, ideal for those with fine, limp hair, improves thickness of hair