

AYURVEDIC HAIR CARE REGIMEN

A hair care regimen is a routine on how you plan to take care of your hair using ayurvedic herbs. The regimen you choose should be easily incorporated into your lifestyle, while addressing your hair's needs. Keep in mind that hair type is as unique as the individual and your hair care regime can be just as unique. Below is a Step by Step Guide for a hair routine using ayurvedic herbs and oils to facilitate your hair routine to get you started. Also included are links to DIY Herbs that can be added to any Bethany B. Ayurvedic Hair Care Product or your favorite go to product. A tsp or two in every step of your hair regime is all you need.

1. Pre-poo (optional step)

The first step is the pre-poo. Pre-poops are known to reduce the stripping of the natural oils from the scalp, and the dryness of the hair after shampooing.

Method:

Coat the hair with the pre-poo oils. You can choose to steam your hair by placing a plastic cap over it for 20 minutes before you wash your hair. Or, you can just sleep with your hair steaming and rinse in the morning with your shampoo. The amount of oil used is based on the length of your hair.

[Click here for Bethany B. Hair Oil Blends](#)

[Click here for DIY Ayurvedic Herbs!](#)

2. Hair Wash - As needed; at least once per week

Next, is to cleanse your hair and scalp. Hair washes are cleansers which remove dirt and debris from the scalp. Unlike shampoos, they do not strip the natural oils from your scalp that help to promote growth as well as moisturize your new growth.

[Click here for Bethany B. Hair Wash Blends](#)

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3. Condition – Following Hair wash

Next in the routine is to condition the hair. Conditioners are used after hair washing to reduce tangles, nourish hair follicles and scalp, condition your hair strands and add moisture.

[Click here for Bethany B. Hair Conditioners](#)

[Click here for DIY Ayurvedic Herbs!](#)

4. Moisturize – Daily or as needed

If your hair is prone to dryness, be sure to moisturize your hair daily, paying special attention to the oldest part of the hair...the ends.

[Click here for Bethany B. Hair Moisturizers](#)

[Click here for DIY Ayurvedic Herbs!](#)

5. Hot oil treatments - Weekly



Bethany B.
Ayurvedic Hair Care

Hot oil treatments work to restore moisture to hair that has been lost due to blow drying, coloring or other styling procedures. Typically utilized once a week, a hot oil treatment can provide strength and body to dull, damaged hair. The restoration process almost has an immediate effect once applied to the hair. This is achieved by the oil reaching every strand of hair upon the initial application to the scalp. This provides a result of more natural, healthy looking hair. There is also another way to do Hot Oil Treatments the ayurvedic way! See below.

Method:

Warm your oil of choice in the microwave.

Pour the oil into an applicator bottle. Apply the oil unto your scalp and hair and massage the scalp to work in the oil for about 10 minutes. Cover your hair with a disposable plastic cap for at least an hour or sleep with a satin bonnet overnight. Rinse in the morning with hair wash. The amount of oil used is based on the length of your hair.

Do once a week for dry scalp or dandruff. The best time for treatment is first thing in the morning or before bed. Massage increases circulation to the scalp.

[Click here for Bethany B. Hair Oils](#)

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5. Deep Conditioner

Within your hair care regimen is to deep condition. Deep conditioning your hair frequently, for example once per week, is crucial in maintaining the health of your hair. Bethany B. Deep Conditioners come in a cream or dry mask form.

[Click here for Bethany B. Hair Conditioners and Hair Mask](#)

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6. Henna Hair Color (optional step) – As needed

With age, both men and women experience graying and often choose to color their hair with permanent chemical hair dyes. These might be to cover grays, but the harm done is indispensable. A consequence of this action is damage to the hair cuticle that ultimately degrades the hair's structural integrity. The result overtime is dry, brittle, unhealthy looking hair.

One-hundred percent pure, henna is technically safer than commercial hair dye. This natural dye stains your hair and will fade very little, if any. Unlike chemical dye, henna is not damaging.

No matter the color of henna, it is deeply nourishing, conditioning and the perfect alternative to harsh chemical hair dyes, making hair stronger, thicker, and shinier. It may help to restore the natural pH balance of your hair and scalp, too!

Henna Color outcome depends on herbs blended with Henna and your hair color prior to applying henna.

[Click here for DIY Ayurvedic Herbs!](#)