



DIY HAIR MASKS FOR DRY HAIR

If you struggle with dry and damaged hair, a hair mask might be just what you need. Essentially, they contain all the right ingredients to nourish and hydrate your hair while adding softness and shine. Best of all? You can make a hair mask right at home with ingredients you probably already have!

Honey & Coconut Oil Mask

Especially great for frizzy hair, coconut oil will moisturize and soften your locks while preventing breakage with its high content of fatty acids. The honey will naturally moisturize and smooth your hair while also giving moisturizing your scalp.

Instructions:

1. Using equal proportions, mix the coconut oil and honey in a bowl. Adjust the amount to fit your hair length and texture.
2. Apply the mask to your hair from top to bottom so it fully coats your hair. If you have an oily scalp, apply from from your ears down.
3. Allow to sit for 20 minutes. Enjoy a book or a nice cup of something warm!
4. Rinse the mask out, then shampoo and condition as normal.

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Egg & Lemon

Great for dry hair, but this mask is also a wonderful cleanser to add shine to dull hair! Eggs are rich in proteins, vitamins A, D & E, as well as fatty acids that are great for boosting shine in your hair. The acidity of lemon absorbs excess oil and grease on your scalp, making it perfect if you struggle with excess oil.

Instructions:

1. Combine 1 egg white (no yolk) and half a lemon. Mix until a smooth consistency has been reached.
2. Apply the mixture to damp hair in entirety.
3. Secure your hair up (in a bun if possible!) and put a plastic shower cap on over it.
4. Allow to sit for 30—45 minutes.
5. Rinse the mask out, then shampoo and condition as normal.

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Banana, Honey & Yogurt Mask

Perfect for dry hair, this mask uses banana to lock in moisture and eliminate frizz with its high vitamin, potassium, and carbohydrate content. The lactic acids on yogurt are excellent for combating dullness and repairing damaged hair. Round it off with honey to hydrate and add moisture to your hair!

Instructions:

1. Combine 1 mashed banana with 2 tbs yogurt and 1 tbs honey. Blend well.
2. Apply the mixture to damp hair in entirety.
3. Secure your hair up (in a bun if possible!) and put a plastic shower cap on over it.
4. Allow to sit for 30 minutes.
5. Rinse the mask out, then shampoo and condition as normal.