



OLIVE OIL IS A FINE EMOLLIENT

Olive oil is a fine emollient and cares for hair health more than other oils. When you treat your scalp with hot olive oil it strengthens its structure improving hair quality considerably.

Use a spoonful of warm oil to smooth your hair and cover with a plastic headset; wait 40 minutes then rinse with hot water and shampoo.



HAIR MASK

Use honey and olive oil for a great hair mask! Honey has moisturizing and tonic properties reactivating microcirculation acting on keratin. Olive oil nourishes and softens hair creating a layer that protects it from smog. It is also useful against hair fall because it can toughen hair bulbs acting on them in depth.

INGREDIENTS

- 2 spoonful of olive oil
- 3 spoonful of honey

METHOD

Shake the mixture until it becomes homogeneous; apply the mask on the hair lengths, avoiding to pour it on the scalp otherwise will be difficult to wash.

Leave the mask for at least 30 minutes to a maximum of 2 hours wrapping the hair in a transparent film.

Wash your hair normally rinsing it deeply.

NUTRIENT BALSAM

Make your own nutrient balsam for your hair using eggs known to be very rich in protein and biotin, along with honey.

INGREDIENTS

- 2 spoonful of olive oil
- 2 egg yolks
- 1 spoonful of honey

METHOD

Mix the ingredients until you obtain an amalgamated cream and apply it on all your hair, then wrap in a shower cap and leave it for 30 minutes.

Finally use a shampoo and wash the mask away.

TONIC BALSAM

You can get another effective hair mask by mixing olive oil and banana. Banana strengthens hair, along with skin and nails, since it contains vitamin B important for hair health, beauty and sheen.

Banana is an excellent option for repairing hair ruined by dyes and extreme temperature exposure.

INGREDIENTS

- 1 spoonful of olive oil
- 1 mature banana

METHOD

Put a banana in a mixer and add olive oil.

Spin the ingredients till you obtain a creamy mixture and apply it on your humid hair, then leave it for 30 minutes. Then rinse your hair with water and wash it with shampoo.