





Beneficial Ingredients in Hair Oils and Their Hair Health Effects






Ingredient	Why It's Beneficial	Hair Health Effects
 Cold-Pressed Coconut Oil	Rich in lauric acid penetrates hair shaft	Strengthens hair, reduces protein loss <i>J. Cosmet. Sci.</i> , 2003
 Amla Oil (Indjan Gooseberry)	High in vitamin C and antioxidants	Promotes hair growth, reduces hair fall <i>J. Ethnopharmacol.</i> , 2008
 Bhringraj Oil (Ecllpta Alba)	Ayurvedic herb with regenerative properties	Boost hair thickness reduce scalp inflammation, supports greying <i>J. Ethnopharmacol.</i> , 2001
 Castor oil	High in vitamin E, essential fatty acids	Repairs damaged hair, added shine <i>J. Cosmet. Scii.</i> , 2013
 Jojoba Oil	Similar to natural scalp sebum	Moisturizes scalp, regulates sebum prevents dryness, itchiness
 Neem oil	Antibacterial, antifungal properties	Treats scalp infections, dandruff, and lice <i>Indian J. Dermatol</i> , 2001
 Rosemary essential oil	Enhances blood circulation to scalp	Stimulates hair follicles promotes growth പ്രീവുളം അഴി കിരൾ SRINmed, Ind ralth, 2010
 Vitamin E oil	Antioxidant, improves blood circulation	Repairs damaged hair, supports growth <i>Toxicol Ind Health</i> , 2010

Best Oils for Different Hair Types

Dry & Frizzy Hair	Dry & Frizzy Hair	 Coconut Oil  Avocado Oil  Argan Oil
Oily Scalp / Hair	Oily Scalp / Hair	 Jojoba Oil  Tea Tree Oil (diluted)  Grapeseed Oil
Thin & Weak Hair	 Bhringraj Oil	 Bhringraj Oil  Onion Seed Oil  Black Seed (Kalonji) Oil
Thick & Coarse Hair	Castor Oil (mixed with lighter oil)  Coconut Oil  Avocado Oil	 Castor Oil  Coconut Oil  Avocado Oil
Dandruff-Prone / Itchy Scalp	 Neem Oil  Tea Tree Oil  Sunflower Oil	 Castor Oil  Avocado Oil  Argan Oil
Curly or Textured Hair	Castor Oil  Avocado Oil  Argan Oil	 Amla Oil  Bhringraj Oil  Garlic Oil
Color-Treated or Damaged Hair	 Argan Oil  Sweet Almond Oil  Jojoba Oil	 Argan Oil  Sweet Almond Oil  Jojoba Oil
	 Jojoba Oil Almond Oil  Rosemary Essential Oil	 Jojoba Oil  Almond Oil  Rosemary Essential Oil

Best Hair Oils

According to Weather

 <p>Summer (Hot & Humid)</p>	<p>Summer (Hot & Humid)</p> <ul style="list-style-type: none">– Jojoba Oil– Coconut Oil (cold-pressed)– Tea Tree Oil (diluted)
 <p>Winter (Cold & Dry)</p>	<p>Lightweight, antifungal, balances scalp sebum, prevents sweat-induced dandruff & itching</p>
	<p>Deeply nourishing, thick oils that prevent dryness, flakiness, and static frizz</p>
 <p>Rainy/ Monsoon</p>	<p>Rainy/Monsoon</p> <ul style="list-style-type: none">– Neem Oil– Tea Tree Oil– Light Coconut Oil
 <p>Autumn (Transitional)</p>	<p>Antifungal, antibacterial—perfect for keeping scalp healthy and free of fungal infections</p>
	<p>Strengthens follicles, boosts resilience during hair shedding season</p>
 <p>Almamn (Trahsitad)</p>	<p>Autumn (Transitional)</p> <ul style="list-style-type: none">– Almond Oil– Amla Oil– Black Seed Oil

Right Way to Use Hair Oil



Choose the right oil for your hair type



Warm the oil slightly (optional)



Apply to scalp and massage gently



Apply to hair strands, leave for at least 30 mins



Wash with a mild shampoo

How Often to Apply Hair Oil

Hair Type / Concern	Frequency per Week
Dry & Frizzy Hair	2-3 times
Oily Scalp	1-2 times
Hair Fall / Weak Roots	2-3 times
Thick & Coarse Hair	2-3 times
Curly or Textured Hair	2-3 times
Dandruff / Itchy Scalp	2-3 times
Premature Greying	3 times
Color-Treated / Damaged Hair	2 times