

### **Homemade remedies and all natural products will work better, faster, and cost you less.**

1. Start washing your hair more often than normal with an all-natural shampoo & conditioner that contains rosemary and sage. Women be careful using rosemary if you are pregnant, because too much cannot only irritate your skin, but also your baby.
  
2. Start rinsing your hair with apple cider vinegar to remove product build-up that has collected on your scalp.
  
3. Start rubbing natural oils into your scalp. There are many benefits of massaging your hair, including stimulating circulation of blood to your scalp, which encourages hair growth. Try buying almond oil, castor oil, olive oil, jojoba oil, coconut oil, vitamin E or amla oil to stop your hair loss.
  
4. Visit your local grocery store and purchase some coconut milk or aloe vera gel and gently massage either one into your scalp. This will not only moisturize your scalp, but also hydrate your hair roots.

## Hair: Remedies to grow your hair faster

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5. Finally start deep conditioning your hair with a masque of honey and egg yolk for a homemade protein treatment. This will strengthen your hair, if your hair lack of protein has caused thinning and hair fall.