

100 Hair Loss Tips

Hair Loss Prevention Tips



100 Hair Loss Tips

1. Be healthy for your hair.

When you become healthier, it follows that your hair would have improvements on its health as well. In other words, your hair would also grow faster than usual. Thus, it is best to follow healthy practices, if you want to grow your hair fast, as well as if you want it to look really beautiful.

2. Treat your hair well to make it grow faster.

If you want your hair to grow faster, you have to make sure that it is healthy as well. With that, you have to treat it well, so that it would become as healthy as possible. Treating it well means not using harmful products on it, and caring for it as much as you can each day.

3. Use products that are moisturizing.

Hair that is dry becomes brittle easily, which can also hinder hair growth. Thus, you have to make sure that your hair is full of moisture at all times. With that, you should make sure that you are using moisturizing hair products, such as your shampoos, conditioners, and such.

4. Trim your hair regularly.

You may think that this is counterproductive to hair growth, but, it can really help in speeding up its growth. Trimming means that you cut only about a quarter to a half of an inch of your hair every six weeks or so. By doing this, you can prevent your hair from becoming dry and dull, as well as prevent split ends, which all hinder its growth.

5. Control your stress levels.

Higher stress levels can prevent your hair from growing fast. Thus, it is best to find out ways of relieving yourself from stress. You can do it by getting enough exercise, sleeping well, as well as eating a well balanced diet. Aside from that, going through relaxing activities can also help you out with it.

6. Brushing your hair properly.

Brushing your hair as often as possible can have positive effects on it, especially on its growth. However, there is no need to overdo it, such as the common practice of brushing it for a hundred strokes per night. This is because, this practice can sometimes irritate your scalp, which can result to certain issues, which can prevent proper hair growth.

7. Protect the ends of your hair.

You have to keep in mind that the tips of your hair are the oldest part of it. In other words, the tips are the ones that can get dried out first, which can result to split ends. Thus, you should see to it that the tips are often protected from elements that can put your hair's health at risk. Do not expose it often to the sun, and prevent it from rubbing against the car seat, clothing, and other things that can cause friction.

8. Selecting the right tools for your hair.

Once your hair becomes long enough to style, you may want to make use of certain tools and accessories for it. It is true that these things can make your hair look even more beautiful. However, you should choose those that are gentle to your hair, so that your hair would retain its health and natural texture.

9. Choosing the right hair styles.

There are hairstyles that necessitate the use of curling iron or a flat iron. These hair styles should be avoided as much as possible, since applying heat on your hair often is not a good idea, when it comes to its health. Choose styles that use simpler methods like twists and wraps, so that you won't put your hair's health at risk.

10. Conditioning your hair.

To ensure that your hair is properly conditioned, whether you are styling it often or not, you should apply a leave on conditioner on it regularly. This type of conditioner will not just make your hair healthier, but it can also protect it from harsh elements. Choose a leave on conditioner that is made by a reputable company to ensure its quality.

11. Don't let heat risk the health of your hair.

It is best to stay away from it as much as you can, for the welfare of your hair. This is because, heat can make your hair dry and brittle, which can prevent it from growing fast. With that, it is best to prevent it from being exposed to the heat of the sun. Aside from that, you should also minimize the use of hair styling tools that give off heat.

12. Protect your hair even at nighttime.

Keep in mind that it is also necessary to protect your hair, even at nighttime. This is because, it is possible that you are rubbing your hair against a pillowcase that can risk its health whenever you are sleeping. To prevent that from happening, you can use a hair cover for it, or make sure that your pillowcase is made out of silk or satin.

13. Use shampoo but not too often.

Using shampoo to your hair is indeed one of the best practices to maintain its health. However, using it too often can actually make it dry, which can result to split ends. Thus, it is best not to shampoo your hair on a daily basis, and do it every other day, so that you can maintain its moisture.

14. Use natural hair care products.

There are lots of hair care products these days, which are loaded with synthetic substances that can harm your locks. With that, it is best to stay away from them, and focus more on using products that are made out of natural substances. Natural hair care products do not contain harmful ingredients, and they are also loaded with vitamins and minerals.

15. Essential fatty acids and zinc.

If you are wondering about what substances can help when it comes to hair growth, then you should take note of zinc and the essential fatty acids. This is because, these substances can prevent dry scalp and dandruff. Thus, by eating foods that contain lots of zinc and fatty acids, you are making your hair healthier, which can encourage its growth.

16. Eating flaxseed.

Flaxseed contain lots of substances that can promote the growth of your hair. Aside from that, it can also make it as shiny as possible. With that, you can add organically milled flax into your daily breakfast meals, such as oatmeal, in order to gain from the benefits that it can offer to you.

17. Swimming pools.

If you love to swim, then you should make use of a hair cap, so that your hair's health won't be at risk. This is because, swimming pools are usually loaded with a lot of chlorine, which can make it unhealthy and dry. There are lots of hair caps that are available today, which can provide adequate protection to your hair. However, it is still best to apply conditioner after every swim, to replenish its lost moisture.

18. Massaging your scalp.

It is true that massaging your scalp on a regular basis can help you achieve faster hair growth. This is because, it can actually stimulate your hair follicles. You can massage your hair while applying conditioner, or just before brushing or styling it, so that you can make it look more beautiful.

19. Eating more fish.

Eating fish is not just healthy, but it can also stimulate hair growth. This is because, fish contains lots of proteins and essential fatty acids, which can improve the health of your hair. With that, it is time that you include fish into your daily meals, so that you can make your hair healthier and grow faster.

20. Shaving your hair.

Some men think that shaving can actually speed up the growth of their hair. However, it actually does not have any effect on hair growth, since hair is just made up of keratin and protein. Thus, shaving it would not make it grow faster. What you can do instead is care for your hair properly, to make it healthier and enhance its growth.

21. Wearing tight hats.

It is not true that tight hats can make you lose lots of hair. However, since a tight hat can increase the temperature around your hair and scalp, wearing it can actually cause damage and breakage to your hair. Thus, if you want to have healthier hair, then make sure that your hat is not too tight. Wear a comfortable one, so that you won't put your hair's health at risk.

22. Dandruff and hair growth.

Dandruff can hinder proper hair growth, since it is caused by a certain type of fungus, which can feed on the oil of your scalp, when it grows out of control. Thus, you should see to it that you follow good hair care methods, which can prevent dandruff. If you have it, then make use of a product that can get rid of it as soon as you can.

23. Withdraw scalp residue.

Withdrawing scalp residue can go a long way, as far as achieving proper hair growth is concerned. This is because, scalp residue can actually clog the hair follicle, which can interfere with the normal growth rate of your hair. To get rid of scalp residue, you can use warm water to wash your scalp, or use apple cider vinegar for it.

24. Warmer climates can result to faster hair growth.

Warmer and humid climates can cause your hair to grow faster. This is because, warm weather can actually help your body produce more oil in your scalp; and, when hair follicles have more natural oils, it can result to faster growth rate. It is best to take note of this, so that you won't try too hard to make your hair grow fast, if you are living in a place that is cold.

25. Increasing blood flow and circulation.

Keep in mind that there are no muscles in between your skull and your scalp. Therefore, blood flow is not as good as the other parts of your body. Increasing the blood flow and circulation in your scalp can stimulate hair growth; and, one of the things you can do for that is to flip your head on each side for 2 to 4 minutes each day.

26. Using rosemary water.

Using rosemary water in washing your hair can stimulate its growth. This is because, it has substances that can stimulate your hair follicles. Aside from that, it also has silicon that can prevent hair loss. Aside from washing your hair with rosemary water though, you can also use it for massaging your scalp.

27. Prevent hair damage to enhance its growth.

If you want to make your hair grow faster, then you should prevent your hair from getting damaged. With that, you should take note of some factors that can cause hair damage. Some of which would be overexposure to the sun, rainwater, dust, certain types of medicines, and such.

28. Drinking rosemary tea.

To promote hair growth, you need to have good blood circulation in your body. Drinking rosemary tea can actually result to proper blood flow. Thus, you can achieve proper hair growth when you drink it. With better blood circulation, your hair would be able to absorb the nutrients it needs to grow.

29. Coloring your hair.

Changing the color of your hair can actually hinder its growth. This is because, hair colors contain substances that can dry out your hair as well as your scalp. Therefore, you should not color your hair often. Aside from damaging your hair, hair colors can also contain toxins, which can also put your health at risk.

30. Using hair gel.

It is true that using hair gel allows you to style your hair according to how you want it to look like. Aside from that, it can also make it shine. However, hair gel is actually sticky, which can result to the accumulation of dust and dirt in your scalp. With that, it can result to dried out hair and scalp in no time, which can prevent your hair from achieving optimum health.

31. Eating eggs.

Eating eggs is one of the best practices, which can enhance the growth of your hair. This is because, eggs are filled with quality protein. Aside from that, they also contain essential B vitamins, iron, zinc, as well as fatty acids, which would all contribute to a healthier hair.

32. Aloe Vera.

The use of Aloe Vera is one of the most popular methods of enhancing the health and growth of hair. You can use it in two ways. First, you can buy hair care products that contain Aloe Vera. On the other hand, you can also obtain an Aloe Vera plant, and apply its juice directly on your scalp.

33. Using Lavender Oil.

Using Lavender Oil on your scalp is one of the best things that you can do in order to boost the health of your hair, and make it grow faster. Massaging your hair with lavender oil would stimulate hair follicles. For maximum results, let the oil stay on your scalp for 30 minutes, before washing it off.

34. Boiling celery leaves and lemon juice.

Applying boiled celery leaves and lemon juice on your scalp can make your hair grow fast. This is because, they contain essential nutrients that can offer that result. Use this mixture after you are done shampooing your hair for a result that you can see in just a matter of weeks.

35. Consume more protein.

Protein is the building blocks of the body, which is why it is essential for proper hair growth and development. With that, it is a good idea to consume foods that are high in protein, so that you can have longer hair in no time. Choose protein sources that are also loaded with other essential nutrients to gain more benefits from it.

36. Taking a vitamin-mineral supplement.

One of the best ways to ensure that you are providing your body with its needed vitamins and minerals is to take a supplement for it. Lots of vitamins and minerals are actually needed by your hair for its proper growth. Thus, make sure that the supplement you are buying is complete, so that you can also enhance the growth of your hair.

37. Eating shrimps.

Shrimps are actually loaded with protein, which can help your hair when it comes to its development. Aside from that, they also contain iron, zinc, and vitamin B12, for proper hair nourishment and prevent hair loss. Thus, aside from tasting good, shrimps can also help you in having beautiful long hair in no time.

38. Don't change shampoos within six months.

Some people make it a practice to constantly change shampoos and conditioners from time to time. However, this is actually not a good idea, since it can make your hair brittle and dry, due to being introduced to different substances. Thus, it is best not to change shampoos within the six month period to prevent hair damage.

39. Eat whole grain products.

Whole grain products like brown rice contain essential nutrients, which can help your hair. More importantly, these products contain nutrients that are not lost due to processing, which ensures that your body can absorb it. Thus, it is best to choose them, over other types of food items.

40. Consuming yogurt and skimmed milk.

Low fat dairy products contain lots of nutrients like calcium, zinc, protein, as well as essential fatty acids, which are all beneficial for your hair. Thus, it is best to buy more of them, if you want to achieve healthier and longer hair in no time. Some examples of it would be yogurt and skimmed milk.

41. Iron deficiency.

Discoloration of the hair, hair fall, dry hair, and abnormal hair growth rate can be caused by iron deficiency. Thus, you need to make sure that you consume foods that are loaded with this nutrient. Some food items for that would be red meat, green vegetables, and prunes.

42. Consuming more fruits and vegetables.

Eating more fruits and vegetables can help in achieving proper hair growth. This is because, they are rich in antioxidants, which can flush out free radicals or toxins out of your body. When this happens cell damage is actually prevented, which can result to faster hair growth.

43. Grape seed oil.

Using grape seed oil on your hair can result to faster hair growth, in mere weeks. All you have to do is to make use of it, whenever you are massaging your scalp. For maximum results though, it is best to use just before you go to bed, so that your scalp can absorb it to the fullest.

44. Making use of pepper shampoo.

There are pepper shampoo products that you can purchase in grocery stores these days. These types of shampoos actually contain nutrients, which can stimulate the growth of your hair, and enhance its health. Follow the directions to the letter, in order to benefit from it more.

45. The use of prenatal supplements.

One of the reasons why pregnant women have hair that grow faster is the use of prenatal supplements. This because, these types of supplements actually contain lots of nutrients, which can contribute to hair growth. Thus, if you really need to grow your hair long faster, then you should use such supplements soon.

46. Adding minced onion to your shampoo.

Adding minced onion into your shampoo can result to faster hair growth. All you have to do is to add it into the bottle of shampoo, and let it stand for 15 to 30 minutes, before using it. Aside from accelerating the growth of your hair, this method can also make your hair shine more.

47. Mixing lemon juice with onion.

Lemon juice and onion contain essential nutrients, which can stimulate your hair follicles. To benefit from it, you can mix equal proportions of onion and lemon juice in a bowl. Use the solution when you massage your scalp, and leave it there for 30 minutes, before rinsing it with water.

48. Tying your hair with braids.

After washing your hair at night, make use of braids to tie your hair with. Tie in two braids, while your hair is still wet, and do not remove it, even when you are already going to bed. When you do this, you can see that your hair has grown longer even in just a matter of days.

49. Mix honey and Aloe Vera for faster hair growth.

If you have an Aloe Vera plant, you can make use of it together with honey to enhance your hair's growth. All you have to do is to cut out a small branch of Aloe Vera, and scrape off its gel. Mix the gel with honey thoroughly, and apply it to your scalp. Let it stay for 20 minutes, and rinse it with clean water after.

50. Potatoes.

Potatoes contain lots of nutrients, which can result to faster growth of your hair. Aside from eating lots of it though, you can also use the water that you have used in cooking it. To accelerate hair growth, let the water cool down first, and use it to wash your hair.

51. Cactus leaves.

Cut out some cactus leaves, and leave its small pieces into a small pail of water for the night. In the morning, apply the water to your hair, and let it stay for as long as you want. This method can make your hair grow fast, since cactus leaves impart many of its essential nutrients to the water when you soak it overnight.

52. The mixture of garlic, onions, and cinnamon sticks.

Mixing two cinnamon sticks, four cloves of garlic, and a red onion that is cut in half can help when it comes to enhancing the health of your hair. Boil the mixture for 15 minutes, and let it cool down before applying it to your scalp. Use this solution for a period of four consecutive days for maximum results.

53. Adding birth control pills to your shampoo.

Birth control pills contain substances that can actually make your hair shine and grow faster. To take advantage of it, grind about 3 to 5 birth control pills, and mix it into your bottle of shampoo. Use your shampoo regularly, to see the results in just a few days.

54. If you don't like to eat eggs.

Eating eggs is one of the best ways to enhance the growth of your hair. However, if you don't like to eat eggs, you can still make use of it for your hair. What you can do is to mix one egg with 2 tablespoons of honey and a trickle of olive oil; and, apply the mixture to your scalp. Let it stay for 30 minutes while covering your hair with towel, before washing it with water.

55. Eat more green peas.

Green peas do not contain large amounts of antioxidants. However, they actually have high iron and zinc content, which are substances that are essential for your hair's health. On top of that, green peas are also loaded with B vitamins, which can all contribute to the growth and health of your locks.

56. Your hair is fragile.

You have to take note that as your hair grows longer, it also becomes more fragile. Thus, you have to take care of it, like it is a fine old lace. With that, you need to make sure that you practice proper hair handling procedures. On top of that, you should also avoid any unnecessary combing, brushing, and styling.

57. The use of hot water.

Using warm water from time to time is not bad. However, when you use hot water, it is actually not good for your hair, since it can make it brittle. This practice can result to split ends, aside from the fact that it can hinder proper hair growth. Thus, you should not wash your hair with hot water since it does not bring any kind of good to it.

58. Hot oil treatments.

Going through hot oil treatments is beneficial to your hair. This is because, aside from stimulating hair follicles, it also maintains proper moisture in your scalp, which can prevent dryness and even dandruff. Thus, make having oil treatments a regular practice, so that your hair would grow faster.

59. Blow drying hair.

Some people think that blow drying hair does not result to any kind of damage to it. However, since you are applying heat to your locks, it can actually make it brittle and dry. Thus, if you blow dry your hair often,

then your hair follicle might get damaged. With that, it is better to towel or air dry your hair, so that you won't be hindering its growth.

60. Choosing the right brush and using it well.

The use of brushes is another important factor that can affect the growth of your hair. Choose a brush that has rounded tips, so that it won't put too much pressure on your hair and scalp. Aside from using the right kind of brush, you should also use it properly, by starting at the bottom and being gentle.

61. Hormonal problems.

Hormonal problems can cause hair loss as well as slowing the growth of hair. This does not pertain to women only, since males can also get affected by it. Aside from thyroid problems, there are also other things that can affect your hormones. It is best to correct this imbalance to ensure proper hair development.

62. Fungal infections.

There are lots of things that can affect hair growth, and one of which is fungal infection. Fungal infection can cause dandruff and other scalp related problems. Thus, if you see signs of it, then it is best to treat it immediately. You can use antifungal medication for it, which can be found in pharmacies.

63. Taking beta carotene supplements.

There are certain types of dietary supplements that are loaded with beta carotene; and, taking them is actually a good idea for faster growth of your hair. This is because, this substance is needed by your hair, in order to maintain the health of the follicles. Aside from that, it also enhances the shine of your hair, which would make it more attractive.

64. Creating a hair mask.

There are lots of things that you can use as hair mask. Some of which would include eggs, essential oils, powdered herbs, clay, and henna. You can combine these substances or use them on their own if you want to. By creating a hair mask from these things, you can tame curls, enhance shine, increase its strength, which can all contribute to its health and growth rate.

65. Do not forget to check the labels.

There are certain types of shampoos, which may contain substances that can do more harm than good. Because of that, you should never forget reading the labels of the shampoos that you are about to purchase. Make sure that it does not contain too many artificial ingredients, since most of them can hinder hair growth.

66. When to brush your hair.

Although it can be tempting to brush hair after getting a shower, many experts actually advise not to do it. This is because, hair is at its weakest when it is wet. Therefore, you should properly air dry or towel dry your hair first, before brushing, so that you can avoid breakage and help it grow faster.

67. Select your hair stylist properly.

Lots of hair stylists may apply different types of hair care accessories, gels, and other substances on your locks just to style it, without considering the effects of the things that they have used. Thus, it is important to properly select your hair stylist. Go for a stylist who is conscious about the dangerous effects of synthetic substances, and is promoting the use of natural products.

68. Towel drying your hair.

Although drying your hair with the use of a towel is better than using a hot blower for it, you should still take note of how it is done properly. If you make use of a towel and rub it against your hair vigorously to dry it off, then you can cause damage to your hair, and hinder it from growing fast. The best way to towel dry your hair is to pat it first, and then stroke your hair in accordance to its growing direction, so that you won't be applying too much friction on it.

69. Relaxing with a hot shower.

Taking a hot shower is indeed relaxing. However, if you are going to include your hair with it, then you may be rubbing it off with its essential oil and moisture, which can lead to dryness. With that, it is best not to wet your hair with the use of hot water, so that you won't be damaging it. Use cool water on your hair, so that it won't be brittle and dry.

70. Eat yogurt.

Yogurts are filled with good bacteria or pro-biotic, which can promote good health. Aside from that, it can also prevent the development of dandruff and other fungal infections on your scalp. Thus, it is best to eat more yogurt starting today, so as to see the results on your hair.

71. Exfoliate your scalp weekly.

One of the best ways to maintain the health of your scalp is to exfoliate it on a regular basis. Exfoliating your scalp will ensure that dirt would be removed from it, as well as dead skin cells. All you need to do is to make use of an exfoliating scrub for it, which is gentle to your scalp.

72. Lubricating your hair.

When you apply a moisturizer, you would be lubricating your hair, which is essential to prevent split ends. Aside from that, it can also prevent breakage, as well as promote the hair's growth. Thus, it is best to lubricate your hair with a good moisturizer, but do not overdo it, since it can make your locks oily.

73. Recognize scalp problems and how they can be treated.

There are lots of different scalp problems, which can affect the growth of your hair. Some of which would be dandruff, seborrheic dermatitis, dry scalp, scalp psoriasis, and scalp acne. It is important to know the signs that indicate these problems. Aside from that, you should also learn how to treat them, so that you can fix the problem as soon as you spot it.

74. Avoid chemical processes.

It is true that certain chemical processes, can enhance the looks of a person, such as relaxing the hair. However, these chemicals are used to change the natural state of your hair, which can damage it. Thus, it is best to avoid them. If you really need to change your looks, then go with proper styling, instead of going through certain chemical processes.

75. Proper wearing of hats.

Lots of men love to wear hat; and, there is nothing wrong with it, as long as you know how to wear it properly. Proper wearing of hat means that you need to be mindful of its size, so that it would not be too tight and prevent proper blood circulation in your scalp. Aside from that, you should not wear it for too long, so that it would not accumulate heat in your hair, which can be damaging.

76. Choose a shampoo according to your hair type.

When you are at a grocery store, you may get confused of all the different shampoos that you can choose from. To narrow down your choices, you can choose one that is made for the type of hair that you have. Some of the options available are shampoos for dry hair and oily hair. Aside from that, there are also those for people who have dandruff.

77. Load up with L-carnitine.

L-carnitine has been found to provide beneficial effects to hair growth, according to recent studies about it. Thus, it is best to take supplements that can offer you good levels of it. Aside from that, you can also eat foods that are high in it, such as red meat.

78. Choosing the best hair conditioner.

If you are in the process of selecting among many hair conditioning products available in the market today, then you should do your research first, before finalizing your decision about it. Doing your research can now be done on the internet. You only have to view reviews about certain products, in order to see if other people found it to be effective and safe.

79. Drinking green tea.

There are lots of benefits you can derive when you drink green tea. One of which is proper health growth, since it increases blood circulation. There are certain compounds that are found in green tea, which facilitate this effect, due to its ability to relax blood vessels; and, with better circulation, your hair would be able to receive the nourishment that it needs.

80. Laugh as much as you can.

Laughing can benefit your health, according to recent studies. Thus, you should laugh more, instead of having chronic negative moods, which can make your body's systems to slow down or become sluggish. Laughter can improve your circulatory system, which can improve your hair's health and result to faster growth.

81. Get enough rest.

Sleeping for 8 hours each night applies not just on your general health. It can also have beneficial effects on the growth of your hair, since it ensures that your hormones are in balanced proportions. When this happens, your hair would not have interrupted growth and would become healthier.

82. Eating foods that are high in iron content.

Iron is a mineral that is needed by your body in order to have proper hair growth. Aside from that, it can also prevent hair loss. With that, it is best to eat foods that are high in iron content, so that your hair would grow faster. Some of the foods that you can eat for it would be liver, beans, red meat, egg yolks, and spinach.

83. Quit smoking.

Although some people may think that smoking and hair growth are not related, this habit can actually hinder proper hair growth. This is because, smoking causes a lot of stress to your body. Aside from that, it can also reduce the blood circulation in your scalp. Thus, if you want to have proper hair growth, then it is best to stop smoking as soon as possible.

84. Taking folic acid supplements.

Folic acid is actually one of the B vitamins, and it can help in making your hair healthier. It can help the body in producing cells that are healthy, which would contribute to having long healthy hair fast. This is actually one of the reasons why pregnant women have beautiful hair, since folic acid is one of the supplements that are often recommended to them by their doctors.

85. Stop drinking alcoholic beverages.

Drinking alcohol will not just affect your health in general, but it can also prevent your hair from growing properly. This is because, alcohol can decrease the level of zinc that your body has, and this substance is actually needed in order for your hair to grow fast. Aside from eating up zinc, it can also cause hormone imbalance, which is another culprit behind the improper growth of hair.

86. Walk in the park each morning.

Walking in the park every morning would not just improve your health, but it can also enhance the growth of your hair. This is because, when you walk in the park, you would be able to absorb the sun vitamin, which can provide benefits to your hair. Aside from that, it can also improve your blood circulation and ensure that your hair receives the nourishment that it needs.

87. Eat a healthy breakfast.

Eating a full and healthy breakfast meal can enhance the growth of your hair, aside from ensuring that your body would work efficiently. A good recipe for it though would consist of equal parts of honey, brewers yeast, soy lecithin, wheat germ, and yogurt.

88. Applying Emu oil on your scalp.

Emu oil can rejuvenate hair cells, which is why it is good to use in order to promote hair growth. With that, it is best to use it on your scalp, so that your hair would grow fast and become healthier. To use it, you can massage your hair with the Emu oil, and rinse it after 30 minutes. Do it twice a week for faster results.

89. Honey as hair moisturizer.

Aside from drinking honey, you can also use it as a hair moisturizer. This is because, honey is actually a good antibacterial agent. On top of that, it can also retain water, which is beneficial to your hair. Thus, it is time to make use of it, so that you can maintain the right moisture of your hair, and enhance its growth.

90. Coconut oil.

One of the culprits behind improper hair growth is the dryness of the scalp. To prevent that from happening, you can actually use coconut in massaging your scalp. Aside from promoting the growth cells in your hair, coconut oil can also minimize protein loss in your locks, as well as prevent lice accumulation.

91. Bubbly shampoos.

Contrary to popular belief, shampoos that can create foamy bubbles when you apply it on your hair are usually not the best products to use for proper hair growth. This is because, in most cases, these shampoos are filled with sodium lauryl sulfate, which is really not good for your hair. It can strip hair moisture and damage follicles, which is why you should read the label of your shampoo.

92. Be careful in following fad diets.

Fad diets that are said to help people in losing weight usually do not contain enough calories. Aside from that, it is also very possible for them to make you eat foods that cannot offer the nutrients that your hair

needs. Thus, you should be careful in choosing the diet program that you want to follow. Make sure that you are providing your body with the nutrients that it needs, so that you can promote your hair's growth.

93. Aromatherapy.

Going through aromatherapy on a regular basis, can lead to proper hair growth, aside from promoting your overall wellness. Recent studies show that there is a direct link between hair growth and aromatherapy. Because of that, it is best to indulge it, to promote the health of your hair.

94. Do not forget to eat healthy snacks.

Eating between meals can have beneficial effects on the growth and development of your hair. This is because, it ensures that you are constantly providing your body with the necessary nutrients for your locks. Some of the foods that you should eat are cashews, almonds, yogurt, as well as hard boiled eggs.

95. Drink 8 glasses of water each day.

Drinking at least 8 glasses of water each day will improve the health of your skin. Aside from that, it can also properly maintain the moisture of your hair, which is why it is best to practice it. When you drink enough water, it can also help your body in flushing out toxins, which can also result to healthier hair.

96. Using elastic bands.

When you make use of elastic bands, it can apply friction to your hair, which can damage it or make it brittle. Aside from that, it can also pull your hair more. With that, it is best to prevent the use of elastic bands. If you really need to, make sure that it is covered with fabric.

97. Applying hair care treatments.

There are lots of different hair care treatments that you can use to enhance the health of your hair. However, you need to make sure that prior to applying any of them, your hair is properly washed and cleaned. This is to ensure that your hair won't get irritated with dirt, after applying a particular treatment on it.

98. Consider the kind of hair that you have in caring for it.

In general, there are only two different types of hair and they are the curly and the straight hair. When it comes to caring for straight hair, it does not require lots of work until it becomes quite long. However, if you have curly hair, you need to invest more time and effort in caring for it, especially if you want to grow it long.

99. Be as patient as you can.

On the average, most people experience hair growth rate of half an inch to an inch every month. With that, you have to be patient in waiting for it to grow. Aside from that, don't go through unnatural processes just to see if it can make your hair grow faster, since it can damage it and make it unhealthy.

100. Practice good hair hygiene and do not be tensed.

Make sure to keep your hair as clean as possible. However, since it needs its natural oils to grow fast and properly, you can actually go for a day or two without washing it. Aside from good hair hygiene though, you should also become more loose, instead of being tensed, since being stressed out can slow down its growth rate.