

Oil and Cream Baths: A Short How to Guide

Recipe for a Cream Bath

This recipe for a Cream Bath will help you stimulate hair growth, treat damaged hair, and boost your hair's elasticity. Treat your hair to a cream bath once a month for healthy and glossy hair.

1. Divide your hair into 4 parts.
2. Apply cream to your scalp till it reaches the hair ends, do this for each separate part.
3. Gently massage the scalp of your head to make sure that the cream is applied uniformly across your scalp.
4. Cover your head with a plastic cover and leave for 15 minutes.
5. Rinse your hair with warm water and wash it with a little shampoo to remove the last cream residues.

Recipe for an Oil Bath

This recipe for an Oil Bath uses natural oils like aloe oil, castor oil and olive oil to return a glow to your hair.

1. Gently massage your hair and head before giving it an oil bath.
2. Wrap your hair in a wet hot towel.
3. Apply the oil to your hair and gently rub it into your hair cuticles using your fingers.
4. Let the oil seep into your hair for four hours.
5. Rinse your hair with warm water and wash it with shampoo to remove the entire oil residue.