How to Use Avocado Oil For Healthy Hair

Hello [[firstname]],

Avocados are one of the most nutritious and versatile fruits out there. The fruit is chocked full of different nutrients like vitamin K, vitamin B6, Vitamin E, Vitamin C, folate and pantothenic acid. As an ingredient, it can be used for both savory and sweet meals.

More than the fruit, avocado oil also provides a lot of health benefits. It is used as a healthier alternative for frying meats. People like using it to cook meat because it has a particularly high smoke point making it perfect for steaks.

Plus, it is also an effective make-up remover and moisturizer.  But that’s not all that it is good for.  Avocado oil is also known as a affordable hair treatment.

**Avocado Oil as Hair Treatment - Benefits**

**Moisturizes the Strands**

Unlike most oils, avocado oil is thin and light. As such, you hair and scalp can easily absorb the product. After absorption, avocado oil provides ample hydration for your hair from inside your scalp. If you are suffering from dandruff, avocado oil something that can help you with this problem.

**Strengthens Hair**

Avocado oil contains a lot of nutrients that can make your hair healthy and strong. Its high absorption rate allows the oil to nourish and repair from the inside. With this oil, you can say goodbye to brittle and dry hair.

**Repairs Sun Damage**

The lack of moisture and overall hair weakness can be attributed to mostly one thing - sun damage. With continuous use, it is possible for you to revive your limp and thinning hair in the most affordable way possible.

**Using Avocado Oil as Hair Treatment**

There are several ways you can integrate avocado oil in your hair care routine. Below are just a few examples of what you can do with this amazing oil:

**Avocado Oil Hot Oil**

With 3-5 tablespoons of avocado oil, 3-5 tablespoons of coconut oil and the essential oil of your choice, it is possible to treat your hair to hot oil in the comforts of your own home.

In a sauce pan, mix the coconut and avocado oil until the temperature is comfortable enough for you to handle. Massage the combination oils into your hair and scalp. Cover it with a shower cap and leave on for about 20 minutes. After half an hour, shampoo your hair as usual. In this case, you no longer need to condition.

**Avocado Oil Conditioner**

If you do not have half an hour to spend on a hot oil treatment, creating an avocado oil hair conditioner is the best way to go. Combine 2 tablespoons of avocado oil, 2 tablespoons of extra virgin oil, 1 tablespoon of honey and three tablespoons of yogurt. Apply this mixture to your damp hair. Massage until every strand is covered. Leave for about 5 minutes, shampoo and finally rinse.

Avocado oil can be used for many things, but making your hair look beautiful and healthy is only one of them.  If you’re having problems with your hair then take a few minutes and try one of these treatments.

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