

Worried hydrated
healthy! i am sure we
are all



**ASSIGN
BUSTER**

Worried about your dry, dull, Moisture less hair? Time to pamper them with super easy cocktail, which will help to keep them hydrated healthy! I am sure we are all guilty of paying closer attention to our skincare than we do to hair care. The endless exposure to harsh weather conditions along with the stress of styling products and tools is the ultimate formula for dry, brittle and damaged hair and many of the time we rush to a nearest drug store and fill our basket with so many promising products. But do they really works? Our hair constantly are in need of a little pick-me-up but these so called best products actually does nothing instead of loading our hairs with lot more chemicals. Did you know that some of the most effective hair masks can actually be made by using natural products found around your home?

Whatever your hair dilemma - be it oily, dry, frizzy or dull locks - a quick search in your kitchen cupboards may hold the solution. Here is my super easy hair mask for you beauties: Milk and Honey mask Milk You might be aware that your hair is made of proteins, which are necessary for tissue growth and repair. In milk there are two types of proteins, casein and whey and both can benefit your hair.

Primary amino acid glutamine is present in Casein in large amount, which stimulate the hair follicle growth cycle and is especially useful in growing hair. Whey, which is a byproduct of cheese-making, when applied topically gives numerous benefits to hairs like-It prevents hair loss, strengthen hair and help hair to grow faster. Whey also taken as a nutritional supplement to help build muscle mass.

Milk's contains a good amount of fat content and this creaminess works as an excellent conditioner for your hair texture which helps in lock moisture of

your hair. That is why whole milk works better as compare to skim milk, while treating dry and brittle hair naturally. Honey Honey's natural property of humectant helps in softening of hairs by sealing the moisture. It also helps in strengthening of hair follicle there by making them strong and healthy from within. Take 50-100 ml milk and 1/2-1 tbs HoneyCombine both the ingredients and put in a spray bottle and its ready! just spray onto your hair, let it sit for at least 20-30 minutes and then wash as usual with Luke warm water and a mild shampoo. You are ready with your super glossy, silky hairs which will not only complete your look but also make you look: More beautiful! More confident! Do try this hair mask and share your experience with me!