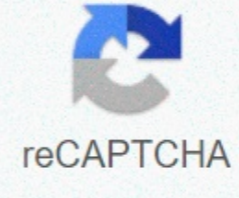




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What is the benefit of guava leaves for hair

Eba KhanUpdated: 26 October 2020 17:59 IST Guava leaves are as large as the fruit. Guava leaves have the ability to stop the loss of hair Powerhouse of nutrients and contains vitamin B and CGuava was the traditional medicine in Mexico and South AmericaWinter mornings are beautiful; dew grass, misty sky and hot piping masala chai. But as much as I like the season, I fear it for beauty wears that it brings with it, especially hair loss. It's hard to put my fight in words with my hair falling over the years. To undergo various salon treatments to use expensive hair products that claim to bring truce, I tried everything. Yet none of them brought me luck. And just when I was giving up, I discovered a natural miraculous ingredient that seemed promising to bring back my crowning glory. It's a part, yeah, right! Growing abundantly around you, these leaves have the ability to stop hair loss and make it grow vigorously. Although you suffer from minor hair loss at the moment, you should not neglect it. Having to deal with it when it becomes severe is not only stressful but expensive as well. So why not opt for a natural remedy that work is great and is economic at the same time? As they say, prevention is better than cure. The benefits of the leaves of GuavaThe leaves of Guava are as large as the fruit, which is accredited to be a plant of nutrients and is also widely popular. Just like the fruit, the leaves also contain vitamin B and C, which help to increase the collagen activity necessary for hair growth. Dr. Sapna V Roshni, Cosmetic Surgery and Hair Specialist, Cocoon Center for Aesthetic Transformation, says, "His benefits are many folds. It has antioxidant, anti-inflammatory and antimicrobial properties that help maintain a healthy scalp. The vitamin C content improvescollagen helping in hair growth and lycopene content gives protection from UV rays of the sun. In short, guava leaves help to have a good hair growth solution without burningpocket." Dr. Anshul Jaibharat, a nutritionist from Delhi, says, "the diguava leaves are a power of antioxidants such as vitamin C, and flavonoids such as quercetin that are known to achieve various benefits for our health and beauty." (Also read: 15 incredible Earn Advantages: Healthy heart, friendly weight loss and more) Guava leaves are a natural remedy for hair growth. Image credits: iStockHow to use guava leaves While most of us are not aware of the health benefits of guava leaves, it was traditional medicine for centuries in Mexico and parts of South America. Including guava leaves in your regular hair care regimen can help you see substantial hair growth. In addition to its 100% natural, which means you don't have to worry about any harmful reaction. You can use guava leaves to make a cup of tea and drink regularly or make a lotion to apply it on the hair and scalp. Follow the steps below to make your hair care solution guava very own that will fight hair loss and promote hair growth. All you need is a handful of guava leaves, a liter of water and a dish for boiling ingredients.1. Start by boiling the guava leaves in the water for 20 minutes, filter the concoction and let cool until the room temperature. You need to make sure your hair is free of product, so it might be better to use this solution after shower.2. Once the hair is almost dry, the section and start applying the guava leaf solution. Massage the solution in the scalp for at least 10 minutes and make sure it is well spread. Massage improves blood pressure, which helps follicles to receive more nutrition.3. Pay extra attention toand advice while applying the solution. You can leave this solution up to two hours. Optionally, you can wrap your hair with a towel and sleep with it.4. Rinse your hair with warm water, and not hot water as you dry your hair and scalp. If you are facing a hair loss problem, use this leaf solution guava three times a week. If you're using itaccelerate hair growth and keep your hair shiny, use it twice a week. In addition to this amazing remedy, eating guava provides a number of vitamins and minerals to the body, and the unique constituent of this fruit also promotes a better absorption of nutrients from food, which helps in the treatment of hair and scalp problems. Note: If you are facing severe hair loss, consult a doctor. The guava plant is full of vitamins that promote the renewal and repair of damaged cells throughout the body, including hair cells. The guava leaves are great for use on hair and scalp because they contain vitamin B2 and vitamin C, which have different important and beneficial qualities such as anti-inflammatory properties, healing and repair, as well as antioxidant properties. These properties allow the use of guava leaves for hair growth, guava leaves for hair loss and guava leaves for damaged hair repair. Advantages of Guava Sheets For Repairs Hair follicles damaged hair Protects and prevents hair from having double tips It has anti-inflammatory properties that prevent itching and dry scalp Stimulating the growth of new hair when it has occurred hair loss Promotes hair thickening It stimulates the blood flow to the scalp How to make the treatment of Guava hair? The leaves of Guavabe used for hair loss and also to promote hair growth. You can get a handful of guava leaves just picked from a healthy guava plant. Put the leaves in a pot and add some water, over the level to which the guava leaves. Bring water and guava leaves to boiling. Leave this oneto cool down and then apply to the hair. You can use this method before or after shampooing your hair. Leave the solution guava to penetrate the hair leaving it for at least over an hour. Alternatively, you can place a warm towel to allow the solution to penetrate the open hair follicles. You can also apply the solution at night before going to bed. If you decide to use it at night, cover your hair and let the solution work through your hair at night. Rinse with running water after application. This solution can be used at least three times a week. Daily application to hair promotes hair growth. Do the solution as described above, and place the mixture in a spray bottle. Spray your hair every morning before styling. The results will be obvious within 4 to 6 weeks, as this is the standard time that hair cells regenerate and repair. Mask for hair Using guava leaves for hair treatment are very easy to do and very cheap. A combination of guava leaves and other natural products such as coconut oil, avocado, honey and egg yolk can produce excellent synergistic results. For the mask of the hair, it is necessary to combine the guava leaves to the fruit of avocado or egg yolk. Use avocado or egg yolk by mounting it in a smooth texture. Add dry guava leaves or guava solution (diguava infusion) to it and leave in the hair for a minimum of 20 minutes. Rinse and spray down your hair with guava infusion from a spray bottle before styling. The hair mask for honey growth and coconut oil can be used to hydrate your hair daily. Add dry guava leaves to honey and coconut oil and mix well. Use the mixture on the scalp once a week. Inyou can use coconut oil and mixture of guava leaves as hot oil treatment, at least once a week. Apply on the scalp and cover the hair with a warm towel for 20 minutes. This will promote blood circulation to your hair and allow penetration ofleaves in the hair follicles. Cover gray hair Naturally As you use the guava leaves more and more in your hair maintenance routine, you will notice positive changes in volume and hair health. Written by Bila Chang. In case you want to contribute, you can click here for more details. details. is guava leaves good for your hair

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