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Witch hazel for hair benefits

People are quick to ask for pharmaceutical products to combat what they don't have without knowing exactly what's in them or how to test them. Why don't we go back to basics and use herbal medicine like our ancestors did? For example, instead of buying chemically infused shampoos for dry scaly skin, you can try using witch hazel for hair and head problems such as flaking. There are many uses for witch hazel - it is not only for use in the mains. It can be applied top-of-the-top due to its skin-enhancing properties, a natural way to help treat skin irritation, including acne-prone skin, eczema, sunburns, bug bites and even hemorrhoids. In some cases, it can be consumed orally for colds, fever and diarrhea. You can also find it in a selection of beauty products. However, in this article, we will focus on the benefits of witch hazel for hair. What is Hazel the Witch? Witch hazel has been around for a long time. The healing properties of the witch's walnut plant come from its bark, leaves and branches. It is believed that the Indians centuries ago used it as a medicine. Since then, its use has become more common, finding its way into home remedies and beauty products. Witch hazel has become a basic product of health-conscious consumers, from the shell of a bush to a medicine cabinet, mainly for topical use. Due to chemical make-up, there are many advantages. According to Dr. Kautilya Shaurya from Schweiger's dermatologist group NYC, the witch hazel is a natural constrictor, which means it causes pores or tissues to contract or shrink. It contains compounds such as gallic acid and tannins. Astringents are commonly applied to the skin to stop bleeding and also to stop greasing the skin. These astringent chemicals have natural anti-inflammatory properties. The substance also contains antioxidants, which makes it excellent for reducing and preventing inflammation, as well as for the reduction of free radicals in the body. When you buy a witch hazel, it comes in liquid form, so it's easy to apply where your skin needs it or mixed into a beauty product itself, such as witch hazel hair. Witch hazel casts a spell on a dry scalp and dandruff is an irritating - and unfortunately common - skin condition. Scientists have determined that about half the population processes dandruff, resulting in dry, squeaking, itchy scalps. Seborrheic dermatitis, another skin condition that causes dry scaly skin that may not be limited to the head, is usually the cause of flaking. With seborrheic dermatitis, you may also have red, scaly skin elsewhere. With so many people dealing with dandruff, it's no wonder that one of the most popular ways to use a witch hazel is to fend off flaking head skins. Without providing ample anecdotal evidence that this plant extract is useful for dandruff, concrete scientific research has been carried out. Benefits. The study of 1,373 patients tested a shampoo containing witch hazel to determine the effectiveness of a witch hazel to solve problems with the ancestry. The researchers concluded that the witch hazel was effective in generally improving the condition. Many dermatologists back from using a witch's nut on the main skin and skin irritations. According to Dr. Shaurya, since seborrheic dermatitis (i.e. dry scalp) is caused by inflammation, the anti-inflammatory properties of a witch hazel can be effective in calming the skin. This result, in turn, improves the dry scalp. Another reason for dandruff can be a yeast fungus called malassezia, which is commonly found by feeding on oils on the heads of many adults. This fungus is more visible in oils on the mains. According to Joshua Zeichner, director of cosmetic and clinical research at Mount Sinai Hospital in New York, a witch hazel can act as a dye that removes oil from the skin. Removing oil [witch hazel] creates an environment that is not ideal for yeast growth. It can also directly lower yeast levels in the main skin, which later minimizes inflammation and flaking, he said. So, if you have suffered from annoying flakes and itching, it is a good idea to try a witch hazel on the hair and scalp, and dermatologists are on board. For people looking for over-the-counter, natural care, this can be a good starting point, Dr. Shaurya said. If the problem

persists, there is an opportunity to switch to prescription therapy. Methods of using witch hazel for scalp irritation: #1: Saturate a cotton ball or cotton pad with witch hazel extract and spread it along the hairline, if it is the main problem area method #2: Part hair parts and use a dropper or spray bottle, then rub it in method #3: Saturate the cotton round, part of the hair, apply everywhere, then rub all these instructions, leave the witch's nut for about 10 minutes, then wash it with shampoo as usual. If you have a particularly sensitive scalp, you may want to dilute it with a little water before using it. Do these treatments once or twice a week, as long as there is no irritation. Another option is to use witch hazel shampoo instead, but we will talk about it later. Witch Hazel for hair loss: How does that help? The jury has reached a formal verdict on whether you can use a witch hazel for hair loss. Some blogs say that one of the rate at which a witch uses a nut is to prevent hair loss and stimulate growth due to its vasoconstrictive properties, which means it narrows the blood vessels. Advocates argue that this narrowing of blood vessels can help keep hair follicles anchored, reduce falls and stimulate hair growth by increasing blood flow to the scalp. However, there is no concrete scientific evidence for this theory. I'm sure there's more research. and professionals have conflicting opinions. These claims are unfounded because there have been no controlled studies showing that a witch hazel can improve hair growth, Dr. Shaurya said. Although some hair growth preparations may have a witch hazel as an ingredient, it is most likely there due to its anti-inflammatory effects rather than hair growth. Nevertheless, it does not hurt to try witch hazel for hair growth. If you are looking for a natural way to potentially stimulate hair growth, go into the process with realistic expectations. How to make your own witch Hazel Shampoo If you prefer to use shampoo instead of applying it directly to the scalp, you can buy a shampoo containing witch hazel. Or you can make your own do-it-yourself shampoo with witch hazel extract. This allows you to use your favorite vegan and parabene-free shampoo as a base. This is a great option to use traditional dandruff shampoo. You may not want to use these common products because of certain ingredients they contain or if they have been tested on animals. It is better to mix a witch hazel with shampoo than with a sense of care, since shampoo focuses more on the scalp. The conditioner, on the other hand, is more about strengthening and softening the length of the hair. Grab a small bowl and add a few drops of witch hazel to the amount of shampoo you usually use for washing. Mix it together and rub the scalp, rubbing it thoroughly. Rinse and use the conditioner as usual. If do-it-yourself does not work, ask professionals to consider giving a witch a nut to try to reduce irritation, inflammation, itching and those annoying flakes. There is a reason why this plant has been used as a drug for centuries: it works. There are so many benefits across the board, so if you buy some for your hair, you will have some ingeniments to other ailments that you may have. Although witch hazel is safe to use, it is always possible that a new product may irritate the skin. Dr Zeichner advised against discontinued use in the case of side effects such as redness, burning or itching. If you end up using a witch hazel evenly to flake for a while and your condition does not improve, talk to your primary care doctor or dermatologist for further treatment. You may have heard of the Curly Girl method (aka CGM), which focuses on curly or... 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