

Home Remedies To Control Frizzy Hair and Split Ends

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Having smooth and silky hair is perhaps the dream of every woman. The hair is built up of three layers and thousands of cells. Dry hair occurs when the hair does not receive enough moisture. This reduces its shine and can make the hair look lifeless, [frizzy and dull](#). Men and women of any age can be affected by dry hair. Damaged hair is a result of inadequate nutrition and illness. Split ends are described as the breaking of the hair shaft due to too much heat and mechanical stress.



Causes of Split Ends

The causes of split ends are several. Here we have listed out a few main reasons.

- Nutritional deficiencies.
- Excessive use of styling products like gels, waxes and sprays.
- Overuse of styling tools like blow dryers and hot combs.
- Too much washing.
- Overuse of chemical treatments.
- Lack of regular trimming.
- Improper detangling methods.
- Overuse of inferior hair care products.
- Use of hot water.

Home Remedies for controlling Frizzy Hair and Curing Split Ends

One of the most important causes of frizzy hair is a lack of moisture. It is best to look after the problems of frizzy hair and hair split ends with effective home remedies that have absolutely no side effects.

Avocado

An Avocado based hair mask is one of the most well known hair masks for frizzy hair. Avocado is rich in Vitamin E, which helps to cure the frizz, and it also protects the skin cells from oxidizing. It is a great [source of omega 3 Fatty Acids](#) which helps to improve frizzy and damaged hair. Omega 3 fatty acids are considered essential fatty acids. They are necessary for health. Food is the only source of Omega 3 fatty acids because the body can't produce it. It reduces the risk of heart disease and helps in brain function, growth and development.



Ingredients:

Avocado-1

Olive oil-few drops

Mix one mashed avocado and few drops of olive oil. Apply the mixture throughout the hair. Leave it for 30 minutes and thereafter wash off with cold water.

Apple Cider Vinegar

Apple Cider Vinegar is one of the most renowned home remedies for frizzy hair. [Apple Cider Vinegar](#) is a type of vinegar made from apple or cider. It is rich in potassium and acetic acid. The acid in apple cider vinegar will repair the frizz and give new life to damaged hair. It is a potent antimicrobial and can kill different types of bacteria. It prevents cancer, stroke, diabetes and can also lower the level of blood sugar.



Ingredients:

Apple Cider Vinegar

Add apple cider vinegar to equal amounts of water. Shampoo the hair and then apply the mixture throughout the hair. Leave it for 15 minutes and thereafter wash off with cold water.

Bananas

A banana based hair pack is one of the most well known remedies for split ends. It is a great source of Vitamin A, C and E, natural oils, carbohydrates, potassium, zinc and iron; it repairs the cuticle and helps in improving the condition of hair. Bananas help improve the natural elasticity of hair and in that way also prevents split ends. Bananas also help your hair to look shiny and improve its growth. Further, they can cure hangovers, protect against kidney cancer, diabetes, lower depression, [relieve morning sickness and osteoporosis](#).



Ingredients:

Banana-1

Yogurt-3 tablespoons

Rose water-few drops

Lemon juice-1 teaspoon

Mix one banana, three tablespoons of yogurt, few drops of rose water and one teaspoon of lemon juice. Apply the hair pack on your hair. Leave it for 60 minutes and thereafter wash off with cold water.

Egg mask

The best home made beauty tips for hair should include eggs. Eggs are rich in Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Vitamin A, collagen, calcium, folate, phosphorous and selenium. Eggs provide the best quality protein, protect our bones and promote healthy hair and nails. As the hair is mainly made up of protein, eggs help [strengthen the hair follicles](#). They will make the hair smooth, reduce tangles, and increase resistance to breakage.

**Ingredients:**

Egg-1

Almond oil-1 teaspoon

Mix one teaspoon of almond oil and an egg yolk. Apply the mixture throughout the hair. Leave it for 30 minutes and thereafter wash off with water.

Honey

Honey is one of the most well known home remedies for dry hair. It is rich in antioxidants. Antioxidants are chemicals that transfer electrons from a substance to an oxidizing agent, and they can prevent or slow cell damage. Honey is immensely beneficial for frizzy and damaged hair. It acts as a [natural moisturizer and hair conditioner](#), making the hair softer and shinier. It strengthens the immune system and is effectively used to treat all kinds of health problems.



Ingredients:
Honey

Warm water

Add two tablespoons of honey to four cups of warm water. Leave for 30 minutes and thereafter shampoo the hair.

Aloe Vera Gel

An aloe vera based hair mask is one of the most well known hair masks for dry hair. It is also known for its anti-inflammatory quality that helps in reducing itchiness of scalp, dandruff and provides deep conditioning to hair by [reducing excessive oil from scalp](#) and hair strands. It promotes hair growth and luster, and improves the pH balance of the scalp. It also prevents hair loss.



Ingredient:
Aloe vera gel

Apply aloe vera oil throughout the hair. Leave it for 30 minutes and then shampoo the hair.

Coconut oil

Coconut oil is one of the most well known home remedies for dry hair. It is a great source of saturated fats, caprylic acid, proteins and Vitamin E. It is an exfoliant that can destroy excess dead skin and clean out whatever substances have blocked the pores. Being low in sodium and high in potassium, coconut reduces the levels of [high blood pressure](#) and lowers the chance of stroke and heart attack. Coconut oil stimulates hair growth by getting deep into its follicles and promotes the scalp health fighting against such problems as insect bites, lice and dandruff. It also prevents hair breakage and split ends, contributing to hair length.



Ingredient
Coconut oil

Apply a small amount of coconut oil into the scalp. Leave it for 30 minutes and then shampoo the hair.

Beer

Beer is immensely good for dry hair, and is also used as a natural conditioner. Being prepared from hops, malt and yeast, it has several nourishing nutrients, vitamins and minerals that are great for hair. It stimulates hair growth. Beer can be used directly as a rinse post shampooing or mixed with hair masks.



Ingredient:
Beer

Open a beer and keep it for 60 minutes. Shampoo the hair and massage your scalp with beer for 15 minutes. Thereafter wash off the beer with cold water.

Beautiful hair is healthy hair, so try out these nourishing hair packs, using natural ingredients and say goodbye to dry hair and don't forget to share your hair tips with us.

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