

Natural Remedies for Alopecia

Blackseed Oil and Lemon Juice Remedy

1. Rub the scalp with lemon juice and leave on for 15 minutes.
2. Wash scalp with water and shampoo.
3. Dry, then apply blackseed oil to the whole scalp.
4. Repeat for 1 week.

Blackseed and Olive Oil Remedy

1. Mix ground blackseed with olive oil and 1 tsp. of diluted apple cider.
2. Rub the scalp with this mixture morning and evening.
3. Wash your head with warm water, shampoo and conditioner daily.

Blackseed Powder and Watercress Juice Remedy

1. Make a paste of blackseed powder and watercress juice.
2. Add 1 tsp of vinegar diluted with water and 1 cup of olive oil.
3. Apply to the scalp in the evening before sleeping and wash hair in the morning.
4. Repeat for 1 week.

Garlic Remedy

1. Mix 5 cloves of garlic, 1.8 oz. of castor oil, and 1.8 oz. olive oil.
2. Clean the scalp well with alcohol.
3. Rub the mixture into your scalp 3 times daily.
4. Do this daily for one week – then check with your practitioner.
5. After the situation is remedied, rub the scalp with a crushed garlic and almond oil mixture in the morning and at night for maintenance.

Onion Juice Remedy

1. Apply onion juice to scalp early in the morning, before the sun is hot.
2. Sit in the sun with the onion juice on the scalp for 30 minutes.
3. Wash hair as usual.
4. Repeat daily until hair regrowth is complete.

Hair Loss Prevention

1. Rub olive oil into the scalp every evening and gently massage for 10 minutes. Cover and leave on overnight. Wash off in the morning.
2. Apply onion juice to the scalp daily.
3. Soak wild thyme in hot water for 1 hour. Rinse your head in the water and leave on for at least one hour.