

Tips for Gorgeous Hair that won't Cost a Dime



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Tips for Gorgeous Hair That Won't Cost a Dime

Companion Remedies for Natural Beauty

- [ClearSkin-A Gel](#) - Promotes healthy clear skin and encourages a smooth and trouble free complexion.
- [The Natural Science of Skin and Skin Care](#) - Learn about the science behind beautiful, glowing skin
- [Mediac](#) - Homeopathic remedy temporarily treats symptoms of acne vulgaris including [blackheads](#) on the face and body
- [RosaRex](#) - Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture
- [Invigorate Skin Tonic](#) - Promotes healthy functioning of the epidermis and tissues to nourish and support firm, supple skin
- [Halitonic](#) - Promotes mouth freshness, as well as systemic cleansing and purifying.
- [ReGrow Plus](#) - Promotes circulation, hormonal and thyroid functioning for healthy hair and nail growth.
- [Total Balance Women's Plus](#) - Essential nutrients needed to help prevent degeneration and premature aging.
- [Skin Dr.](#) - Helps maintain lymphatic functioning, promoting blemish-free healthy skin.
- [EcoSlim](#) - Promotes healthy metabolism, liver, thyroid and digestive functioning
- [Nail-RX](#) - Effectively treats and resolves nail fungal infections naturally
- [Frownies](#) - This complete skin rejuvenation system has been call the best wrinkle treatment for facial wrinkles, frown lines, eye wrinkles and lip lines.

Every woman wants beautiful hair - whether her hair be long, short or in between. And, it's not just about some glitzy shampoo that a sexy model advertises on TV!

So, what can we do for gorgeous hair?

- 1) Eat right - as I've stated before, it's supposed to be a duh, but it really is something we Americans struggle with. However, proper nutrition is the cornerstone for health AND beauty.
- 2) Drink plenty of water - again, a duh - and again, not enough of us do it.



[Elderberry Syrup](#)

Created for Planetary
Herbals by licensed
acupuncturist and clinical
herbal

3) Exercise - I know, UGH! But, increased blood flow, better [Circulation](#) and heart health and better overall health SHOW via our skin, nails and hair.

4) Scalp stimulation. This isn't just for [Hair Growth](#), it helps scalp health as well. Here's a couple of good tips:

a) Sitting comfortably grab handfuls of your hair and *gently* pull straight out. Do this all over your head twice. Try to do this each day - before a shower or washing your hair.

b) Reflexology for the head...how can it help? Well, much in the same way as my previous tip. Scalp stimulation and the unclogging of hair follicles contributes to both growth and health of hair. Sitting comfortably, form your hands into loose fists.

Taking the knuckles of your hands, gently tap all over your head - making sure you get ALL of your head at least twice. Believe it or not, you'll actually feel a cool/tingling sensation when you're done. Now, don't hit too hard - that'll just give you an unattractive and painful lump!

c) My gramma SWORE by this one and I have to admit that although, even as a Dr. of Reflexology, I have NO idea why it works, it does work. Try this for getting your hair to grow.

Position the fingernails of each hand towards each other with hands cupped. BRISKLY buff nails of your hands together (back and forth) for at least five minutes a day. Now, head reflexes are at the tips of fingers, and maybe that is why this works so well. But, for whatever reason, it rocks

5) A good shampoo and conditioner - and, if you do some searches in this site, or go to <http://www.natural-Herbs-remedies.com/> and hit 'natural recipes' - you'll find some great *natural* shampoos, conditioners and 'problem fixers' that are really inexpensive to make - many times using things already found in your fridge.

6) Ok, I fibbed - this tip will cost some money - but nearly everyone recognizes the need for some [Supplements](#) in their daily routine so I figured I'd include a few that are great for hair.

a) [Biotin](#) - Contained naturally in foods such as cheese, raspberries, eggs, liver, chicken and avocados, most people get enough [Biotin](#) in their regular diets without ever having to worry about a deficiency.

The function of [Biotin](#) is to help the body make use of essential folic acids, pantothenic acid, protein and vitamin B-12. Although very rare, [Biotin](#) deficiency can cause fatigue, [Hair Loss](#), depression, skin rash and skin discoloration. I get my [Biotin](#) from Hair, Skin & Nails by Rexall and I love it!

b) [Omega-3 Fish Oils](#) - Just as I've recommended for skin, [Fish Oils](#) rock for the hair too. [Fish Oil](#) helps maintain a good luster of the hair. Omega three has hair growing properties as it provides nourishment to the follicles. It therefore aids in faster development of hair and preventing [Hair Loss](#). A good supply of [Proteins](#) is also necessary for [Hair Growth](#). Since most fish varieties are rich in protein, eating fish helps in keeping healthy hair.



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

c) [Flax Seed](#) Oil - Promote healthy hair and nails. The abundant [Omega-3 Fatty Acids](#) in [Flaxseed](#) oil have been shown to contribute to healthy [Hair Growth](#) (in fact, low levels of these acids may cause dry and lackluster locks).

Hair problems exacerbated by [Psoriasis](#) or [Eczema](#) of the scalp may respond to the skin-revitalizing and anti-inflammatory actions of [Flaxseed](#) oil as well. Similarly, the oil's EFAs work to nourish dry or brittle nails, stopping them from cracking or splitting.

d) A good [Multi-Vitamin](#) - this is just a great staple to include regardless.

7) My final tip? Beer. Good ol' cheapo beer - you know, like PBR or Busch. As a matter of fact, make it warm, stale beer! (yes, I'm serious) The [Proteins](#) from the malt and [Hops](#) in the beer coat the hair and build it up and help repair damage.

It leaves the hair with wonderful body. After your shampoo, rinse your hair with a little beer. This can help restore shine. Honestly, it makes your hair shinier than any fancy-schmancy conditioner or treatment I've ever found. This is one I'll swear by!

Here's a couple of recipes to get you started:

Beer Shampoo

- 3/4 cup beer (any cheap brand)
- 1 cup inexpensive shampoo

Boil the beer until it reduces to 1/4 cup. Cool the beer and add it to the 1 cup of inexpensive shampoo

Beer Hair Rinse

If you want to do something nice for your hair, rinse it once a month with flat beer. After applying the beer, you can rinse the hair with warm water or not, as you choose.

The beer acts as a natural setting lotion, giving blow-dried hair increased vitality, resilience and hold. The B [Vitamins](#) and natural sugar add body and shine. Don't worry; the stale beer smell will disappear very quickly.

Super Body Hair Treatment

- 2 tablespoons molasses
- 2 tablespoons unflavored gelatine
- 1 tablespoon sweetened condensed milk
- 1 tablespoon stale beer

Combine ingredients in a small bowl. Comb or brush into hair. Cover hair with a plaster shower cap or wrap with a Sheet of plastic wrap. Cover with a thick terrycloth towel. Leave the treatment on for 30 minutes, then rinse in warm water. Shampoo the hair.

That's about it for now - but I think it's enough to start you on the road to gorgeous, shiny hair!

Companion Remedies for Natural Beauty



[Great Health Sites](#)

[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

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[Natural Remedies](#)

[Native Remedies](#)



Natural Beauty & Personal Care

Taking proper care of your body involves more than just exercise, nutrition, and treating diseases or ailments; it can also mean maintaining standards of personal hygiene and treating yourself right on the outside. Often seen as luxuries, it's important to keep up with personal care because it can have immense healing effect on both the mind and body.

Many ailments can affect your outward appearance and cause severe discomfort both physically and mentally. From simple issues like [dry, dull skin](#), [nail fungus](#) or [blackheads](#), to more complex conditions such as [psoriasis](#) or [eczema](#), [balding](#), [bad breath](#), [body odor](#) or [excessive sweating](#), [acne](#) or [weight troubles](#), taking care of your personal hygiene and outer body can be a big part of maintaining a healthy lifestyle

At [Native Remedies](#) you will find a comprehensive set of herbal remedies to help you manage and optimize your body and weight health – naturally and safely.

View Natural Products for Beauty & Personal Care

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- [Hair & Nails](#)

- [Personal Hygiene](#)
- [Weight](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to

guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

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