

Benefits Of Different Oil-Based Hair Creams



A coconut-based hair cream can help reduce protein loss from hair.

Hair cream with argan oil can reduce hair damage caused by dyes.



Hair cream with shea butter may deliver anti-inflammatory benefits.

Hair cream with avocado oil can increase collagen production.



Jojoba oil-infused hair cream can help moisturize the hair.

References

1. Effect of mineral oil, sunflower oil, and coconut oil on prevention of hair damage; NIH
2. Effects of tocotrienol supplementation on hair growth in human volunteers; NIH
3. Hair Protective Effect of Argan Oil (Argania spinosa Kernel Oil) and Cupuassu Butter (Theobroma grandiflorum Seed Butter) Post Treatment with Hair Dye; SCIRP
4. Anti-Inflammatory and Skin Barrier Repair Effects of Topical Application of Some Plant Oils; NIH