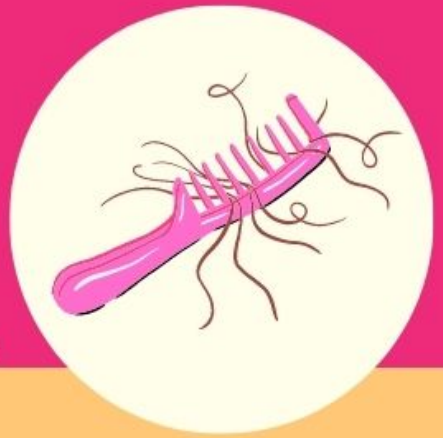


HOME CARE TIPS To Reduce HAIR FALL

In Pregnancy



1

Use organic and herbal hair care products.



2

Massage your scalp using lukewarm oils, including coconut, almond, and olive oils.



3

Apply aloe vera extracts to the scalp to treat hair loss triggered by dryness and scalp infection.



4

Eat amla (Indian gooseberry) and massage its oil on the scalp for stronger hair.



5

Massage your scalp with half a cup of fresh coconut milk, leave it for around half an hour and wash with a herbal shampoo.



6

Apply the mixture of castor oil (6 tbsp) and lavender essential oil (1/4tsp) onto the scalp and wash it an hour later.

