

Expert Guide to Hair Oiling at Home: Why & How to Do It Correctly

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In our busy lives, self-care routines often get pushed aside. Yet, a simple hair-oiling ritual can deliver big benefits — and it doesn't have to be complicated. According to experts in HELLO! India, this ancient practice is making a comeback in a minimalist, mindful way. Oiling your hair with the right product and technique can:

- Strengthen the hair shaft and reduce breakage.
- Stimulate the scalp by massage, boosting circulation and potentially supporting hair growth.

1. Choose Oils With Intention

Selecting the right oil is the foundation of a good hair-oiling routine. According to Dr Shilpa Vora, a coconut-based oil works well across hair types because of its ability to penetrate deeply.

Here are key oil types and their advantages:

- **Coconut oil:** Strong penetration, good for many hair types.
- **Argan / almond / jojoba oils:** Lighter oils ideal for finer, more delicate hair or where you want less weight.
- **Special Ayurveda-inspired oils** (amla, kalonji, ashwagandha): For added scalp-care, stronger hair and growth support.

Tip: Match the oil to your hair type and concerns — don't assume "one size fits all."

2. Apply With Purpose & Technique

The method of application matters just as much as the product.

Step-by-step:

- Section your hair and part it into manageable bits.
- Warm the oil slightly (e.g., bowl of hot water) to increase absorption.
- Using your fingertips, gently massage the oil into your scalp in circular motions — promote circulation.
- Let it sit for **30 minutes** (or even longer if time allows).

- Wash with a mild shampoo afterwards to remove excess oil while preserving beneficial nourishment.

3. Know When & How Often to Oiling

How frequently you oil depends on your hair type, scalp condition and lifestyle. Over-doing it can be counterproductive. According to sources:

- If your scalp is **dry** or hair is brittle, you might benefit from more regular oiling.
- If your scalp is **oily** or prone to issues like seborrheic dermatitis, oiling too much or with heavy oils may worsen things.
- As a general guide: one to two times per week for most people is a good starting point.
- **Tip:** Monitor how your hair & scalp respond and adjust accordingly.

4. Watch for Common Mistakes

Even a well-intended ritual can run off-track if you make avoidable mistakes:

- Using too much oil: Excess leads to heavier hair, longer wash time, possible buildup.
 - Applying oil only **after** washing or on dirty scalp: This can clog follicles.
 - Using an oil that's too heavy for your hair type: Fine or oily hair may struggle with thick oils.
 - Neglecting to wash out thoroughly: Residue can irritate the scalp or attract dirt.
- Tip:** Less often, but consistent + right oil + correct technique = better results.

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