

- Add 1 tablespoon each of honey and plain yogurt.
- Mix well and apply to hair for 30 minutes.
- Rinse thoroughly and style as usual.

Benefits: Conditions hair, locks in moisture and enhances manageability.

4. Aloe Vera + Coconut Oil

Aloe vera contains natural enzymes and moisture-rich gel that **soothe the scalp, reduce irritation and stimulate new follicle activity**. Paired with coconut oil, this mask can support healthier hair growth and tackle dryness at the root.

How to make it:

- Mix 3 tablespoons of fresh aloe vera gel with 2 tablespoons of coconut oil.
- Add 1 tablespoon of honey (optional).
- Apply to scalp and hair, leave for 30–45 minutes.
- Rinse and shampoo gently.

Benefits: Promotes a healthy scalp and boosts shine.

5. Egg + Yogurt + Olive Oil Mask

Eggs are rich in proteins that help **repair damaged hair**, while yogurt conditions and olive oil adds extra moisture. This trio makes for a hair-strengthening mask that's especially good for weak or thinning hair.

How to make it:

- Beat 1 egg in a bowl.
- Stir in 1 tablespoon of yogurt and 1 teaspoon of olive oil.
- Apply from roots to tips and leave on for 30 minutes.
- Rinse well with cool water to avoid cooking the egg.

Benefits: Strengthens strands, restores protein balance and improves texture.

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