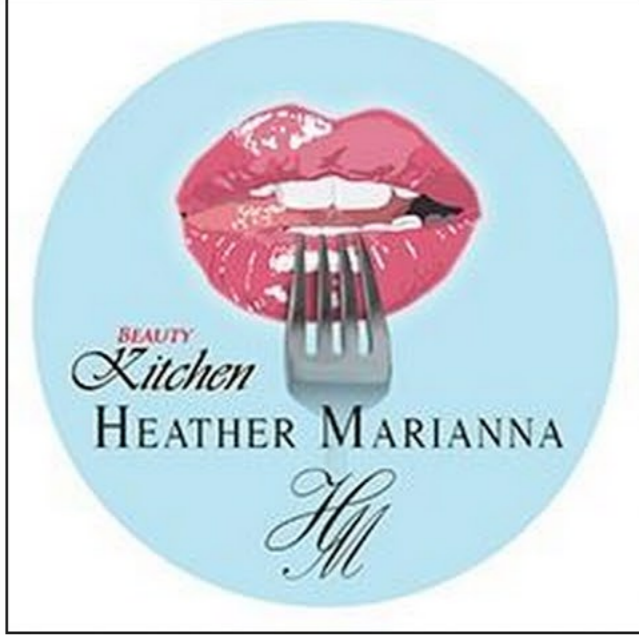


Beauty Kitchen: Three Amazing Hair Masks to Start Using Now

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By Heather Marianna, Creator of the Beauty Kitchen

I always say that winter time is always best spent getting yourself summer ready. From working out, getting healthy, doing your body wraps and also repairing your hair from last summer's sun and over styling damage.

Here are three of my favorite hair masks that I love to use all the time. And yes, I also use them on my real hair clip in extensions and so can you.

Coconut Oil Hair Mask

Coconut oil not only smells delicious, but is also the perfect lightweight moisturizer for your thirsty strands. I

love this mask if you have dry hair or your hair seems a little static.

The ingredients you will need are as follows:

2 parts Coconut oil

1 part Olive oil (optional)

Directions:

Combine coconut and olive oil in a small bowl and mix well

Then Apply the mixture to your hair, focusing on the ends

I like to wrap my hair in a bun on top of my head and cover with a shower cap and leave on for 30 minutes

Then I rinse out my hair in the shower under hot water

Shampoo and condition as usual

Banana Hair Mask

This mask is perfect for those of you with thinner hair – bananas contain potassium, which strengthens and fixes damaged hair without weighing it down.

The ingredients you will need are as follows:

1 banana

1 tbsp. honey

Directions are as follows:

Blend banana in a blender, making sure all chunks are smoothed out, then apply the mixture to your hair

I like to always wrap my hair in a bun or top knot after I apply the mask and leave on for 30 minutes.

Avocado Hair Mask

You already know that avocados are great moisturizing face masks – but did you know you can use them to nourish your strands as well? Egg yolks are full of fats and proteins to naturally revive your hair.

Ingredients you will need are as followed:

½ avocado

1 egg yolk

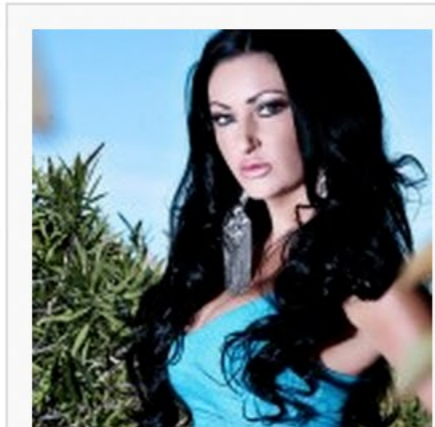
Directions:

Blend the avocado and egg yolk in a blender

Then apply to your hair, working from the bottom up to your scalp

Again, I always leave the mask on for 30 minutes.

Another tip when it comes to hair masks is to apply it in the shower to wet hair, using hot water on your hair opens up the hair shaft and really helps the mask seep in.



Heather Marianna, host of Beauty Kitchen

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