

Chapter 1 : Strong Smooth For Sale - ATV Parts & Accessories

If you are wondering how to get silky smooth hair that is strong and healthy, this homemade, all-natural essential oil infused hair spray is just what you need! It's gentle since it contains zero chemicals but really does help strengthen hair and help hair growth.

Short or long, curly or straight—shiny hair always gives a good impression. The outer layer of healthy hair contains natural oil to keep it moist and shiny. When this layer is damaged, your hair will look dull, unhealthy and dry. Some of the factors that contribute to dull hair are illness, nutritional deficiencies, use of harsh hair care products, not using a good conditioner, over exposure to sun, frequent use of hair dyes, age, excessive stress, high mineral content in the water, chlorine in swimming pools and use of heating tools. Soft and shiny hair takes a bit of effort. Proper hair care is the only way for both men and women to get shiny, silky and smooth hair.

Advertisements Most of us use numerous branded conditioners, shampoos and serums to add a beautiful shine to our hair. But over time, these products can do more harm than good. Instead of using commercial products, you can try some simple and natural remedies to make hair smooth and shiny. Here are the top 10 home remedies for shiny hair.

Eggs Eggs are perhaps one of the best ingredients to provide nourishment and shine to your hair in minutes. Being a good source of protein, fatty acids and lecithin, eggs help repair damaged and dull hair by adding moisture and shine. Eggs also help make your hair strands strong and thick.

Advertisements Mix one egg white and one tablespoon each of olive oil and honey until you get a smooth paste. Apply this paste on damp hair and scalp. Cover your head with a shower cap for about 30 minutes. Then wash your hair with a mild shampoo and cool water. Beat two eggs until you get a foamy texture. Mix in two tablespoons of almond oil and one-half cup of yogurt. Apply this mixture on your hair and scalp. Cover with a shower cap for 30 minutes and then shampoo your hair with cool water. Follow either of these egg treatments once a week to get soft and shiny hair. Never rinse your hair with hot water after using an egg mask. Hot water will clot the egg and it will be very difficult to wash it out of your hair.

Beer Beer works as an excellent hair tonic. The proteins hops and malt in beer help repair damaged hair cuticles and provide nourishment to hair follicles. This in turn adds luster and shine to your hair.

Advertisements Wash your hair with shampoo and then apply flat beer from the root to the ends. Massage the beer thoroughly into your scalp using circular motions. Allow it to sit for about five minutes and then rinse it off. Follow this remedy once every two weeks.

Coconut Oil To get shiny hair, it is important to provide nourishment by applying oil to your hair regularly. Coconut oil organic and unrefined is one of the best options. It helps restore moisture to dry and damaged hair, in turn making it shiny and healthy. Apply warm coconut oil on your hair, from the root to the ends. Massage for a few minutes and then wrap your hair in a shower cap or towel for at least 30 minutes. Rinse your hair with water, then shampoo and condition like normal. Another option is to add a few curry leaves to two tablespoons of coconut oil. Heat it until warm. When cool, massage the oil gently onto the scalp and hair. Cover with a warm towel for 30 minutes and then wash with a mild shampoo. Follow either of these remedies once or twice a week, depending on your hair condition. You can also use olive oil, castor oil, or almond oil and follow the same process.

Mayonnaise Mayonnaise has amino acids, protein and antioxidants that will make your hair strong, soft, healthy and shiny. Use one-half to one cup of full-fat mayonnaise, as needed for your hair length. Apply it on freshly washed, damp hair. Cover your hair with a shower cap for at least 30 minutes. Thoroughly wash your hair using cold water and a mild shampoo. Repeat this remedy on a weekly basis to enjoy hydrated and shiny hair.

Apple Cider Vinegar Apple cider vinegar is a fabulous hair conditioner that can make your hair soft, shiny and moisturized. It also helps remove built-up residue that makes your hair look dull and lifeless. Plus, it can help treat dandruff, itchy scalp and frizzy hair. Mix together equal parts of apple cider vinegar and water. After shampooing, pour the mixture into your hair and massage it onto your scalp. Let it sit for a few minutes before rinsing thoroughly with cold water. Alternatively, mix two teaspoons of apple cider vinegar and the juice of one lemon in one cup of water. Use this mixture as a final hair rinse after shampooing. Use these remedies only once a week.

Avocado Avocado contains nutrients that will deeply moisturize and nourish your hair. This in turn will make your hair smooth and shiny. Avocado is

also extremely good for dry and damaged hair. Mix one mashed ripe avocado with two tablespoons of extra-virgin olive oil. Apply this mixture on damp hair, from the roots to the ends. Cover with a shower cap for 30 minutes. Finally, rinse and shampoo your hair as usual. You can also mash one ripe avocado and one ripe banana together. Mix in one-half tablespoon of almond oil. Massage this paste onto your scalp and spread it all over your hair. Cover your head with a shower cap for 30 minutes or more. Rinse thoroughly with lukewarm water and then shampoo your hair. Follow either of these remedies once or twice a week, depending on the condition of your hair. Honey Honey is another effective home remedy for shiny hair. It is a natural humectant that draws in and retains moisture in your hair. This helps make your hair soft and shiny. Mix two tablespoons of honey in two cups of warm water. Put the mixture in a spray bottle. After shampooing, spray this solution on your hair. Slowly massage it onto your scalp for five minutes and leave it on for 15 minutes. Rinse it out with warm water. Use this treatment once a week. You can even mix some honey with your regular hair conditioner once or twice a week. Aloe Vera Aloe vera gel is good for your hair due to its moisturizing property. It also has antioxidants, vitamins and other compounds that support healthy hair. Plus, aloe vera gel can reduce dandruff and combat frizz. Prepare a paste with four tablespoons of aloe vera gel, two tablespoons of coconut oil and three tablespoons of yogurt. Apply this paste on damp hair and leave it on for about 30 minutes. Rinse it out with lukewarm water. Alternatively, grind a few hibiscus flowers to make a thick paste. Mix in one-half cup of aloe vera gel and one teaspoon of olive oil. Apply the mixture on your hair and leave it on for 20 to 30 minutes. Wash your hair as usual. Use either of these remedies once or twice a week. Yogurt Yogurt works as a deep conditioner and hence it helps make your hair soft, smooth and shiny. Plus, it has natural antibacterial and antifungal properties due to its high lactic acid content that helps to keep your scalp clean and free from infections. Brush out your hair well with a wide-tooth comb. Spread some plain yogurt all over your hair. Cover your hair with a shower cap and leave it on for 30 minutes. Rinse it out with lukewarm water and then shampoo and condition your hair as usual. Use this hair treatment once a week.

Every woman wants to have smooth and silky hair. Short or long, curly or straight—shiny hair always gives a good impression. The outer layer of healthy hair contains natural oil to keep it moist and shiny. When this layer is damaged, your hair will look dull, unhealthy and dry. Soft and shiny hair.

Hairs are regarded as the crown of our head. Not only because it just increases your look and makes you glamorous but also; your hairs defines your mood and expressions. You must have observed, when we are jolly and happy; then your hairs also turns smooth and fluffy. Here, our concerned topic is; natural tips for long, black and strong hairs. After all, this is the very wish of every girl. It not only acts as a personality enhancer but also makes you feel good. Bald skull, white hairs, damaged hairs etc all are like the black spot for an attractive personality. Here, we will be talking how to make your hairs black, strong and long naturally. But, before moving to this; we will be first discussing about the common hair problems and their causes. Causes of Hair problems: With all these things; pollution, stress, work load, anxiety has also raised a lot. Directly or indirectly, these all factors slowly deplete our physique specially the hairs and the skin. For instance, check the texture and quality of hairs of your grand mothers; you will find them much stronger and smoother even in such an older age. This major difference is due to the difference in diet, lifestyle and environmental conditions. Some of the common hair problems seen are split ends, hair fall, baldness, premature greying, rough and frizzy hairs etc. This not only affects them physically but also makes them stressed mentally. For the treatment of such, we opt to some cosmetics, shampoo, hair spa, dyes and many more. As a fact, they replenish your hair beauty for some times but devastates them permanently. With the regular usage of these, your hairs loses its real and natural shine. Natural Remedies for Black, long and strong hairs: Nature offers us a wide range of benefits and effective remedies; it is affordable and valid for everyone and the best part is having minimal or no side effects. Here, we will be giving you some small and easy tips in different sections; so that everyone gets benefits. We will be dividing our curing tips in 4 sections; Acupressure and Exercising Oil and Applications Daily lifestyle We will be discussing each very topic in detail. This is for the convenient of users and the readers even. This will make it easier to follow and to understand. Massage for 5 minutes. It will fled away your stress and will even make your hairs soft and shiny. The mid upper point of skull is also the acupressure point; using your thumb press it times. It will recharge the nerves and will help in hair growth. The either sides of skull should also be massaged regularly for maximum benefits. It is beneficial for hair growth. The tips of index finger and little finger should be pressed times. Same should be repeated with toes. Meditation is a good remedy to keep away stress; hence it is a proved remedy for hair growth and shiny hairs. Minor exercising for minutes is a good remedy. If one is strict and disciplined with diet intake and timing then; as a fact the guys can never suffer from any disease or disorder. Here, we will be telling you some diet tips for a long, strong and healthy hairs. Firstly, try to avoid extra oily food from your diet; as much as possible go with pure mustard oil instead of refined oils. Your diet should be rich in fruits, vegetables, buttermilk, nuts, water etc. For adults; litres water is ample. This hydrates your body and revitalize your scalp; hence ensures for strong and silky hairs. White flour, artificial sweetener, white sugar etc must be avoided; as these can lead to long-term hair problems. Sprouts are the excellent and easy way to make your hairs strong and shiny. Milk and milk products are must; being rich in calcium it makes your hairs strong and shiny. Vegetable and fruit juices must be included in diet. Raw green vegetables ensures for healthy, black and shiny hairs. Here, we will also be discussing about some of these applications; For Black and strong hairs, take curry leaves and cook it in 2 cups of coconut oil; you can even use oil like mustard oil or olive oil. Cook till the leaves gets black. Cool down and strain the oil; store in an airtight bottle. Apply this oil on scalp twice a week. After head massage; take a towel and dip in a bucket of hot water. Now squeeze the water out and tie this towel on head for minutes. The moisture and heat will tighten your hairs and will moisturise the scalp. You can even use henna pack. Take a cup of henna powder with 2 tablespoon of curd and mix with tea water. Apply this as a hair pack and wash after 20 minutes. Repeat this for once a month. This will ensure you silky and healthy hairs. Take 1 mug water with 2 teaspoon of lemon juice and 2

teaspoon white vinegar in it. Rinse your hairs with this; this will make your hairs smooth and shiny naturally. Take orange pulp with lemon juice. Using your hands apply this on hairs and scalp. This will make your hairs smooth and strong. To avoid premature greying of hairs, take 1 egg white with lemon juice and aloe gel. Mix them well and apply on hairs. This is one of the best and effective remedies. Earlier, the lifestyle was very easy and soothing one; that is why that time most of the people were healthy and well-being. You should have a perfect routine with all the works embedded in it. Frustration and stress should have no place in your life; try to stay happy and hopeful always. Give some time for your hobby works and recreation activities; as it is seen most of us gets busy in works and duty only. Actually, this makes us feverish and ill for future references. Have some hobby and co-curricular activities even. So, these were some of the natural remedies for silky, strong and black hairs. All of them are eco-friendly and free from side effects. The only thing now you need is; will power. Give your percent and see the magic of nature and your will power. Go green and live well!

Chapter 3 : How to Have Healthy, Shiny Silky Hair: 15 Steps (with Pictures)

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Are you sure you want to delete this answer? Yes Sorry, something has gone wrong. First off, see if u need a new shampoo. Is your shampoo drying out your hair? Its probably because of sulfates or alcohol. Conditioner is a MUST! Even if your hair gets greasy, there are other ways to help fix that. Buy a regular conditioner, a deep conditioner and if you can, a protein conditioner. Buy serums and other products to help your hair retain moisture. Second, asses what your hair needs. When you wash it feel gummy, mush, and does it stretch? If so, you need protein in your hair. Your hair is partly made of protein and when your hair is lacking in some of it, your hair will stretch, and stretch until it breaks. Eat some more protein and use a protein conditioner ever 2 weeks for a month or two then use it every month or as often as you need to. Also, does your hair break easily? When you run your fingers through your hair, do you find a lot of shorter strands in your hand? If so you need more moisture and less protien. Deep condition your hair every week and serums that semoisturetre into your hair. Do you use heat appliances? You need to give your hair a break for a while. I used a flat iron every day for a year and half and i have enough breakage to make a full short wig! I thought it was normal since i had a lot hair But my hair got thinner and thinner at the ends. My hair is currently at them end of my neck and if i would have stopped use my dang flat iron, my hair would have been past my shoulders by now! My flat iron sucked, but still used it, and my heat protectant wasnt great i didnt even use it much. If you are going to use a flat iron, get a good one that works well without your hair frying if you smell a bad burning smell, thats not really good. Get a good heat protectant and use it everytime you straighten or curl or blowdry. Here is what i do for my hair: I also dry to eat healthier and eat less junk. I excersise everyday and i try to massage my head i forget sometimes often. I take advice from beauty gurus on youtube too. I brought my hair back to life at home by myself! Do it all naturally and you will get even better results, I promise! If your eating junk all the time, your hair could be a sign that your body is lacking in vitamins.

Chapter 4 : Smooth Synonyms, Smooth Antonyms | www.nxgvision.com

In order for your hair to stay soft and smooth, it needs the natural conditioning of sebum, the oil that your scalp produces to keep your hair strong. If you wash your hair every day, you rinse away this nourishing oil, leaving your strands feeling dry and coarse instead of smooth and silky.

Chapter 5 : STRONG & SILKY SMOOTH - Men's Bamboo Fabric Briefs (6-PACK) | eBay

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Chapter 6 : Silky Smooth MacDonald â€“ Mike MacDonald isn't singing Macomb County any love songs

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Chapter 7 : 3 Ways to Have Smooth and Silky Hair - wikiHow

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Silky Smooth DC Clients make Brow Contact before they make Eye contact. Brows should take more than 10 minutes. This is your Face and it deserves a Professional.

Chapter 8 : How to make your hair long, strong and black naturally

Egg being very good natural conditioner should be applied in the hairs once every month to keep them smooth and silky. Leave the egg on your hairs for 20 minutes and after that wash it off with a mild shampoo.

Chapter 9 : Best shampoos/conditioners for shiny, silky, smooth and strong hair? | Yahoo Answers

Grow your Hair Long, Thick and Silky Smooth Hair Naturally. This Magical remedy will not only help you Grow your Hair Long but also help your Hair remains Thick, Strong and Silky Smooth.