NOURISHING ALOE VERA & GREEN TEA HAIR MASK

Ingredients:

- *2 tablespoons fresh aloe vera gel*
- *1/2 cup cooled green tea*
- *1 tablespoon coconut oil*

Step-by-Step Instructions:

1. **Prepare Green Tea:** Brew a cup of green tea and let it cool completely. Green tea is packed with antioxidants like EGCG, which can help reduce hair thinning by inhibiting DHT, a hormone linked to hair loss.
2. **Mix Ingredients:** In a bowl, mix 2 tablespoons of fresh aloe vera gel, 1/2 cup of cooled green tea, and 1 tablespoon of coconut oil. Aloe vera helps soothe the scalp and promote healthy pH levels, while coconut oil deeply nourishes the roots and strengthens hair shafts.
3. **Apply the Mask:** Apply the mixture to your scalp and hair, making sure to massage it gently for 2-3 minutes to enhance absorption and improve circulation.
4. **Leave It On:** Leave the mask on for 30-40 minutes to allow the ingredients to work their magic.
5. **Rinse Thoroughly:** Rinse off the mask with lukewarm water, followed by a gentle, sulfate-free shampoo.

How Often to Use: Use this mask 1-2 times per week for optimal results.

BENEFITS

- *Aloe Vera Gel:* Soothes inflammation, hydrates the scalp, and promotes a healthy environment for hair follicles to thrive.
- *Green Tea:* Contains catechins that reduce DHT levels, promoting less shedding and encouraging new growth.
- *Coconut Oil:* Penetrates deeply to prevent protein loss, strengthen hair shafts, and reduce breakage.

How It Helps with Hair Loss: This mask combines soothing aloe vera, antioxidant-rich green tea, and nourishing coconut oil to address multiple causes of hair loss. It calms scalp irritation, strengthens hair from the roots, and boosts circulation, all of which contribute to slowing down hair loss and promoting thicker, healthier growth.