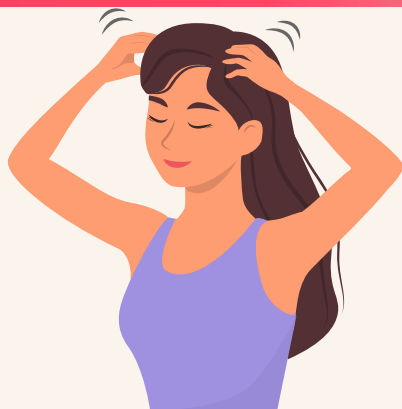
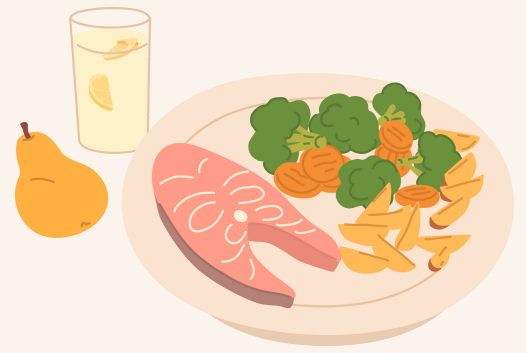


# 7 HOME REMEDIES TO STOP HAIR FALL?



## 1. Balanced Diet

*Incorporate foods rich in essential nutrients like protein, vitamins, iron, and zinc into your daily meals*

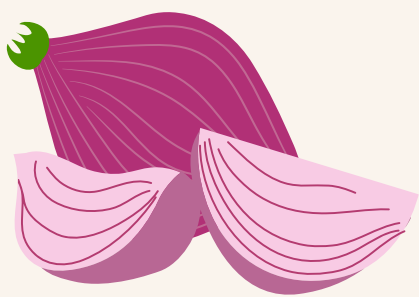


## 2. Scalp Massage

*Use natural oils such as coconut, almond, or olive oil. Gently massage in circular motions for 10-15 minutes before shampooing.*

## 3. Aloe Vera

*Apply fresh aloe vera gel directly to your scalp and hair. Leave it on for 20-30 minutes and then rinse with water.*

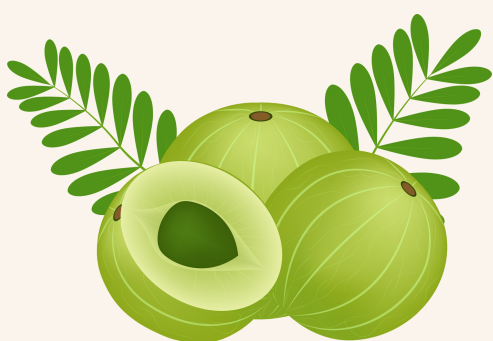


## 4. Onion Juice

*Extract juice from an onion and apply it to your scalp. Leave for 30 minutes and rinse thoroughly with water.*

## 5. Green Tea

*Brew a strong cup of green tea, allow it to cool, and apply it to the scalp. Massage gently for a few minutes and leave it on for 30 minutes before rinsing with water.*



## 6. Amla

*Mix amla powder with water to make a paste. Apply it to the scalp and leave it on for 30 minutes. Rinse with water.*

## 7. Egg White

*Apply beaten egg white to scalp and hair, leave for 30 mins, rinse with cool water and mild shampoo.*

