6 Uncommon Natural Oils to Include in Your Hair Care Regimen

ABI FANIRAN

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EXCLUSIVE OFFERS

HEALTHY HAIR CARE SERIES 1 - 6

The Healthy Hair Care Series launched in 2015 after I compiled my research and testing on natural oils into the first book.

It has now grown to include six books, with more in the research and development stage. The series addresses the best healthy hair care practices, methods, solutions, hair loss recovery, and more.

All the books in the series are highly rated on Amazon, Ade Ori Hair Care & Goodreads. Subscribers can grab 10% off any book in the series with code hnhp10 **HERE**.

PREFACE

Everyone is familiar with the usual natural oils, such as coconut, olive, grapeseed, castor, and sweet almond oil, but over 100 natural oils are available for hair and skin care.

One of my websites, Natural Oils for Hair and Beauty, is dedicated to natural oils for hair, health, and beauty.

Over the last seven years, the website has become a premier online destination for information about natural oils.

This e-book will share six uncommon natural oils that are as useful for hair care issues as common oils.

It also includes healthy hair care recipes and the best brands for each oil.

You may discover that one of these oils appeals to your hair more than the popular oils.

I hope you enjoy discovering these natural oils. HHG! :)

ABYSSINIAN (CRAMBE OIL)

Abyssinian oil is native to Abyssinia, which is today known as Ethiopia. It can also be found in other parts of Eastern Africa.

It is grown in other areas of Africa, Europe, South America, and the US. Due to its unique molecular structure, Abyssinian oil is used in hair care, skincare products, and makeup.

WHY USE ABYSSINIAN OIL FOR HAIR?

- Abyssinian oil is light and non-greasy, which ensures it works effectively as a sealing oil. It also helps lock moisture in for days and is an excellent companion oil for the LCO method.
- Abyssinian oil is high in omega-9 (erucic acid) content. As a result, it adds luster to dry and lifeless hair, boosts shine, and protects it from split ends. It works the same way as argan oil, but your hair may like this oil more. Another oil with a high erucic acid content is broccoli seed oil.

- Abyssinian oil mimics the effects of silicone due to its high omega-9 fatty acid content. This makes it an excellent oil to include in your deep conditioning treatments without any of the unpleasantness of silicone.
- Abyssinian oil is a supreme antioxidant oil. Its high shelf life means it can be used as a preservative in other oils as well as DIY concoctions. Add it with a bit of star anise seed essential oil for maximum benefits.
- Abyssinian oil is highly resistant to heat and can be used as a heat protectant before blow-drying hair. It's one of the ingredients in the heat protectant oil mix I'm working on currently.

HOW TO USE ABYSSINIAN OIL FOR HAIR

- Because it mimics the effects of silicone, use it as part of the LCO (liquid, cream, oil) method. It will keep moisture locked in for days.
- Apply a few drops of Abyssinian oil to your hair before blowdrying. This will help guard against split ends. You can also apply a few more drops after blow drying before styling. Shine for days.

ABYSSINIAN OIL & ARGAN OIL ANTI-BREAKAGE RECIPE

- In a 2 oz bottle, mix equal parts of Abyssinian and argan oil until the bottle is full.
- Add 5 drops of vitamin E oil, such as Sundown Naturals Vitamin E Oil (75,000 IU). Close and shake.
- Apply as per the instructions on how to use Abyssinian oil for the hair above.

ABYSSINIAN OIL VS ARGAN OIL

You may have seen some debate on the similarities between Abyssinian and argan oil and which is best for hair. Plus, how do you choose?

Both Abyssinian and argan oils have a high composition of unsaturated fatty acids.

Abyssinian oil contains high omega-9 fatty acids, while argan oil contains high omega-3 and omega-9 fatty acids.

Their profiles are similar and can be used on hair to achieve the same results—shiny hair, sealing in moisture, and strengthening the ends.

However, Abyssinian oil has a richer and smoother consistency than argan oil. Whichever one you choose is a matter of personal preference. You can mix the two in the same treatment, as seen in the recipe I shared above.

Some excellent argan oil recommendations include Leven Rose Argan Oil and Now Foods Argan Oil.

A comprehensive study comparing Abyssinian oil and argan oil can be found **HERE**.

One point to note is that unlike argan oil, which can be used in various culinary recipes, Abyssinian oil is inedible.

RECOMMENDED BRANDS OF ABYSSINIAN OIL

Though pricey, a little at a time is all you need, like argan oil. Expect a 4 oz bottle to last a long time. With a shelf life of 12 – 18 months, you don't have to worry about it going bad before you get through the bottle.

The most recommended brands of Abyssinian oil include:-

- High Altitude Naturals Abyssinian Seed Oil
- Julia's Essentials Abyssinian Oil.

Always ensure the oil you're buying is 100% Abyssinian oil and not a brand mixed with mineral oil.

You can find the Abyssinian oil brands recommended above on the Ade Ori Amazon store **HERE**.

BLACKSEED OIL

Black seed oil or black cumin seed oil is touted as a cure-all for almost anything, with incredible benefits for hair and beauty.

Black cumin, also known as nigella sativa, fennel seeds, black caraway, and Roman coriander, is native to Asia. Its use in cooking dates back to King Tutankhamen. It has a strong smell and is used as a spice in Indian and Middle Eastern cooking.

WHAT ARE THE BENEFITS OF BLACK CUMIN SEED OIL FOR HAIR?

- Black cumin contains thymoquinone and thymohydroquinone, two powerful phytochemicals with antioxidant and anti-inflammatory properties.
- It also contains thymol, an antifungal agent. Arnica oil, another natural oil containing thymol, is very good for skin care.
- The antioxidant, anti-inflammatory, and anti-fungal properties of black cumin seed oil make it an excellent treatment for eliminating common scalp issues like dandruff, itchiness, flakiness, eczema, and psoriasis.

SCALP MASSAGE TREATMENT OIL

INGREDIENTS

- 4 tablespoons of blackseed oil
- 2 tablespoons of cranberry seed oil
- 1 tablespoon of calendula oil
- 1 tablespoon of arnica oil
- 1 teaspoon of neem oil
- 5 drops of rosemary essential oil
- 5 drops of tea tree essential oil

DIRECTIONS

- Grab a 2oz glass bottle
- Pour all the oils into the bottle. Close and shake well.
- To use, section your hair and apply in a thin layer, then massage thoroughly into your scalp using the techniques described in **8 Steps to Effectively Massage Scalp with Natural Oils**.

WHERE TO BUY BLACKSEED OIL?

Blackseed oil can be found in most herbal stores and online. Amazing Herbs Cold-Pressed Blackseed Oil and Lulu Naturals Blackseed Oil are the most recommended brands.

You can use even more oils in this recipe to target scalp issues. They are covered in detail in **How to Grow Your Hair Healthy and Long with Natural Oils.**

MARULA OIL

Marula oil is another oil in this e-book originating from South Africa and parts of West Africa.

Harvested from the fruit of the marula tree, the oil is clear, pale yellow, and has a mild nutty odor. The tree's fruit is also used to make Amarula liqueur.

Marula oil is full of omega-9, vitamin C, and vitamin E. While my favorite way to use this oil is on my skin, it also has some great benefits for hair.

BENEFITS OF MARULA OIL FOR HAIR

- Marula oil has a light texture and is easily absorbed into the hair shaft. This makes it an ideal sealing oil that won’t weigh down the hair.
- Marula oil protects hair against environmental elements and harmful UV rays from the sun.

- Using marula oil on frizzy hair leads to smoother hair with a satin-like feel.
- Marula oil can provide an additional hydration boost to dry hair. You can add a little bit to deep conditioning treatments or buy hair products with marula oil as a primary component.

MARULA OIL HAIR THERAPY RECIPE

INGREDIENTS

- 10 tablespoons of marula oil
- 5 tablespoons of argan oil. Argan oil is a great complementary oil for marula oil. This treatment is perfect if you are also experiencing breakage and split ends.
- 5 tablespoons of a great deep conditioner, such as Kinky Kurly Knot Today, Pura D'or Deep Moisturizing Conditioner, Giovanni Smooth As Silk, Deeper Moisture Conditioner, or Beautiful Curls Deep Conditioning Treatment.

DIRECTIONS

- Mix the marula oil with the argan oil in a clean bowl and set aside.
- Pour the deep conditioner into a different bowl and whip thoroughly.
- Heat the oil mix over a bowl of boiling water then add to the deep conditioner. Whip some more.
- Shampoo and condition your hair, then apply the deep conditioning mix to the length of your hair.
- Sit under a hair steamer for 30 – 45 minutes. Rinse and style as usual.

- You can also apply a few drops of marula oil after you apply your leave-in conditioner before styling.

RECOMMENDED BRANDS OF MARULA OIL

The most recommended brands of marula oil include Acure Essentials Marula Oil, Life Flo Health Pure Marula Oil, and InstaNatural Organics Marula Oil.

Ensure you purchase fair trade marula oil, which supports the women in the villages where it's harvested and produced.

MARULA OIL VS ARGAN OIL

Marula oil and argan oil have similar properties and complement each other quite well in hair and skin care treatments.

However, marula oil is better suited for dry hair, while argan oil is better suited for breakage and split ends.

Mix marula and argan oil with your hair and skin care formulations for the best of both worlds.

SACHA INCHI OIL

The Sacha inchi seed is native to South America, where it has been used as a food source for thousands of years. It is also known as Sacha peanut or mountain peanut. Though technically a seed, it's marketed as a nut.

Sacha inchi oil is extracted by cold pressing the seeds and flesh of the sacha inchi fruit. The sacha inchi tree has a long production cycle of up to 75 years, making it a sustainable plant that assists with the reforestation of the Amazon.

In 2004, Sacha Inchi was awarded the gold medal for excellent organoleptic qualities at the World Edible Oils competition in Paris.

WHY SACHA INCHI OIL FOR HAIR?

- Sacha inchi oil has high concentrations of plant-based omega-3. This helps lock in moisture and prevent dry hair and split ends.
- Sacha inchi oil is light and easily absorbed without leaving behind a greasy residue, making it very good for use in the MHM.

- Sacha inchi oil contains abundant vitamins A and E. Vitamin A strengthens hair and prevents brittleness, while vitamin E softens hair.
- It can help relieve scalp irritation caused by excessive scratching. It also prevents dry and itchy scalp.
- Sacha inchi oil contains tryptophan, an amino acid that increases serotonin, a feel-good hormone that relaxes the senses and promotes a good night's sleep. It is wonderful for a scalp massage.

SACHA INCHI SCALP MASSAGE OIL

Sacha inchi oil works best as a scalp massage oil because of its amino acid, tryptophan, and vitamin A content. Your scalp will love the elixir below.

This oil is also a key ingredient in a premium scalp massage oil I'm currently working on.

INGREDIENTS

- 4 oz dark bottle
- Sachi inchi oil
- Castor oil
- Pumpkin seed oil
- 5 - 10 drops of lavender essential oil

DIRECTIONS

- Pour sacha inchi oil halfway up the bottle (50%).
- Add equal amounts of castor oil and pumpkin seed oil the rest of the way up the bottle.
- Add the lavender essential oil. Close the bottle and shake.

- Massage into your scalp a day before shampooing or co-washing. Leave overnight and proceed with your regimen the next morning.

This recipe will work on your senses overnight and give you a relaxing night's sleep while also strengthening your hair.

CONSUMING SACHA INCHI

The goodness of Sacha Inchi doesn't end with the oil. The seeds can be lightly roasted and eaten as a nutritious snack. This is a great way for vegans and vegetarians to get their essential fatty acids and protein.

Some great brands of Sacha Inchi seeds include Mekhala Roasted Inca Seeds and Imlak'esh Organics Sacha Inchi Nuts.

Sacha inchi powder can also be used in baking recipes or added to smoothies. Try MRM Organic Sacha Inchi Powder for this.

RECOMMENDED BRANDS OF SACHA INCHI

Authentic sacha inchi oil can be found in local specialty stores or online. Some great recommendations include:-

- Flora Organic Sacha Inchi Premium Oil
- Pure Indian Foods Organic Sacha Inchi Oil

SEA-BUCKTHORN OIL

Sea-buckthorn oil is one of the best natural oils for helping hair retain moisture. It is also known as Hippophae Rhamnoides (quite a mouthful to pronounce).

The berry from which sea-buckthorn oil is extracted has the same level of Vitamin E as wheat germ and three times more Vitamin A than carrots! Seabuckthorn oil is extracted from either the seeds or the pulp of the seabuckthorn fruit.

Though they come from the same source and are both effective, they have a few subtle differences.

DIFFERENCES BETWEEN SEA-BUCKTHORN SEED & SEA-BUCKTHORN PULP OIL

- Sea-buckthorn seed oil contains more essential fatty acids, while the pulp oil contains more carotenoids.
- Sea-buckthorn seed oil contains omega-3 and omega-6, while pulp oil contains omega-7.

- Sea-buckthorn seed oil is a light yellow to pale orange, while the oil from the pulp is a darker shade of orange, similar to red palm oil.
- Sea-buckthorn seed oil has a lighter consistency, while pulp oil has a viscous consistency. Their aromas are similar.

There are articles that suggest oil extracted from the seed is better but there is no scientific proof of this. You can try both and see which works best for your hair.

BENEFITS OF SEA-BUCKTHORN OIL FOR HAIR

- Sea-buckthorn seed oil contains a unique fatty acid—omega-7 (palmitoleic acid)—and has the highest concentration of this fatty acid out of natural oils. While this acid is primarily beneficial for skin care, it also has restorative qualities that can benefit hair.
- Sea-buckthorn seed oil contains three times more vitamin A than carrots. Vitamin A helps strengthen hair and prevent hair damage. Additionally, vitamin A can help combat brittleness.
- Sea-buckthorn seed oil contains as much vitamin E as wheat germ oil. Wheat germ oil is one of the best oils to use for recovering from dry hair. Combining wheat germ oil with sea-buckthorn oil in a deep conditioning treatment can pack potent benefits for dry and dull hair.
- Sea-buckthorn seed oil contains vitamins B1 (thiamine), B2 (riboflavin) and B6 (pyridoxine). These vitamins are essential for healthy hair growth by stimulating the cells and promoting vital nutrients in the hair.

- Sea-buckthorn seed oil contains amino acids, which help keep hair soft, strengthen hair, and guard against damage from the environment and mechanical handling.

SEA-BUCKTHORN OIL RECIPES

STYLING AID

After applying your leave-in conditioner, pour a few drops of sea-buckthorn oil in your palm, rub together and apply to wet hair. Work through, shake and style as usual.

SCALP MASSAGE OIL

Pomegranate seed oil is the best companion oil for sea-buckthorn oil. Combine equal parts of the two and use as a scalp massage oil to nourish and strengthen your follicles.

Other natural oils you can pair sea-buckthorn oil with are recommended at the end of this chapter.

SEA-BUCKTHORN OIL PRE-POO

INGREDIENTS

- 5 tablespoons of sea-buckthorn oil
- 5 tablespoons of pomegranate seed oil
- 3 tablespoons of apricot kernel oil
- 3 tablespoons of macadamia nut oil
- 3 tablespoons of rosehip seed oil

This pre-poo oil mix will nourish your hair, replenish lost moisture, and lock in moisture and shine if used correctly.

DIRECTIONS

- Mix all the ingredients in a small bowl and heat over a bigger bowl of hot water. Adjust the ingredients according to the length of your hair.
- Apply to dry hair in small sections.
- Massage into your scalp and smoothen through hair, then twist and pin up.
- Cover with a disposable cap and leave in overnight.
- Wash out the next morning with a mild shampoo like Giovanni Smooth as Silk Deep Moisture Shampoo.
- Deep condition with your favorite deep conditioner and proceed with the rest of your regimen.

Some good moisturizing deep conditioner recommendations include:-

- Mielle Mongongo Oil Hydrating Conditioner
- As I Am Hydration Elation Intensive Conditioner
- Davines Award Winning OI Conditioner
- Obia Naturals Babassu Deep Conditioner

RECOMMENDED BRANDS OF SEA-BUCKTHORN OIL

The most recommended brands of sea-buckthorn oil include Leven Rose Sea Buckthorn Seed Oil, Life Flo Health Pure Sea Buckthorn Oil, and SeaBuckWonders Organic Himalayan Sea Buckthorn Seed Oil.

Other natural oils that work well for sealing moisture in hair, and you might like to experiment with and pair with sea-buckthorn oil, include shea nut oil, Vitamin E oil, sunflower oil, rice bran oil, and monoi oil.

RED PALM OIL

Back home, we use red palm oil as the main ingredient in beans, soup, yam pottage, and sweet potato pottage. It's also a common cooking ingredient in Asia and Brazil.

It was surprising to discover that you can also use it on your hair. Red palm oil helps restore shine to dry and dull hair and keeps the scalp area moist and healthy, fostering healthier hair growth.

Red palm oil comes from the reddish pulp of the fruit, which grows on palm trees. There are two species of palm trees: one is found in West Africa, particularly Nigeria, and the other is found in South America.

The Portuguese propagated the West African species in the nineteenth century to Brazil, Indonesia, and Malaysia.

Red palm oil is a rich red due to its high beta-carotene content. Carrot oil is another oil rich in beta-carotene.

Red palm oil can be derived from the fleshy pulp and the kernels. The oil from the kernels is referred to as palm kernel oil.

Both these oils are commonly confused, but red palm oil has more nutritional benefits than palm kernel oil. Palm kernel oil lacks beta-carotene and isn't red.

Processed palm oil does not contain cholesterol and acts like hydrogenated fats without having the same dangerous effects.

Red palm oil contains tocotrienols – a member of the vitamin E family, carotenoids, phytosterols, squalene, and CoQ10.

It is semi-solid at room temperature but can be melted by placing the bottle in a bowl of hot water. Its high smoking point of 302° F makes it suitable for high-heat cooking.

BENEFITS OF RED PALM OIL FOR HAIR

- The beta-carotene contained in red palm oil is the basis of vitamin A, which is easily absorbed by the scalp. It helps keep the hair moist and balanced and prevents brittleness.
- Red palm oil contains tocopherols and tocotrienols (vitamin E), which promote softer, stronger, and healthier hair.
- The essential fatty acids in red palm oil help to add extra sheen to dry and dull-looking tresses.
- Red palm oil can help maintain your natural hair color with continuous use.
- Adding red palm oil to your diet promotes healthy hair growth from within, leading to stronger, elasticity-rich hair. You can use red palm oil for frying and as the base for a sauce in your favorite foods, like yams and potatoes.

RED PALM OIL DEEP CONDITIONING RECIPE

- Mix 1 – 2 tablespoons of slightly heated red palm oil with your regular deep conditioner. Whisk with a fork.
- Add 1 tablespoon each of coconut oil and castor oil. Whisk again.
- After shampooing, apply the mix to your hair and deep condition with heat for 30 minutes.
- Afterward, rinse and style as usual.

If you have coloured hair, this deep conditioning recipe is also beneficial and can help the colour last longer.

WILL RED PALM OIL STAIN NATURAL HAIR?

Red palm oil can stain clothing easily and is a bit difficult to remove so wear something you don't care about during the treatment and layer your bathroom floor with newspapers if necessary.

RECOMMENDED BRANDS OF RED PALM OIL

The world's largest producers of red palm oil are Malaysia and Indonesia.

There are many concerns that the production of red palm oil will lead to deforestation and endanger the survival of orangutans, especially the Sumatran orangutans.

Look for sustainable brands that produce red palm oil, like Nutiva Certified Organic Unrefined Red Palm Oil.

WHERE TO BUY THE OILS RECOMMENDED?

You can find all the oils recommended in this e-book on my carefully curated Amazon store **HERE**.

Many of the products offer free shipping and other perks. Check out the store **HERE**.

INTERESTED IN LEARNING ABOUT MORE OILS?

Book 1 in the Healthy Hair Care Series, How To Grow Your Hair Healthy & Long with Natural Oils, is your gateway into natural oils for luscious and lustrous curls.

The book covers over sixty natural oils for all hair types and provides solutions for the most common hair problems women experience.

Whether your hair is dry, damaged, frizzy, or brittle, experiencing stalled growth, scalp issues, breakage, split ends, or lacking general health, the book's crafted recipes and recommendations will breathe new life into your curls.

Subscribers can grab 10% off this and any book in the series with code hnhp10 **HERE**.

AFTERWORD

I hope you've enjoyed learning about these natural oils if they are new.

You can stay connected with Healthy Natural Hair Products via the following ways:-

- www.facebook.com/healthynaturalhairinformation
- twitter.com/healthyhair4eva
- www.pinterest.com/healthynaturalhairproducts
- www.instagram.com/healthynaturalhairproducts

If you enjoyed the free resources or have any questions after reading, please leave a review or comment on the website **HERE**. Thank you, and HHG! :)

FINE PRINT

The information contained in this guide isn't meant to diagnose or treat any conditions. What works for one person may not work for the other.

Always be in tune with any changes in your body, hair or skin as it relates to your regimen and adjust accordingly.

If you have any major health issues, always consult your physician before engaging in activities that will have bearing on your condition.

ABOUT THE AUTHOR

Abi is an author and consultant. She divides her time between her various hair, health, fitness, and beauty initiatives and her consultancy business where she helps clients deliver on their business objectives.

She runs Healthy Natural Hair Products and Natural Oils for Hair and Beauty, both rich sources of information for healthy hair care, beauty, diet, fitness, weight loss, and much more.