Home Remedies to Keep Curls Under Control

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Why use unnatural products to keep natural tresses looking and feeling healthy and beautiful? Here are some proven home remedies from CurlyNikki.com for some of the most common problems out-of-control curls face.

The Baking Soda Cleanse
Instead of using a common sulfate-based shampoo to loosen and remove buildup (that can damage and dry out hair), try using this common household product.

Start by mixing 1 tablespoon of baking soda with 3 tablespoons of curly friendly conditioner. Apply the mixture to the scalp and massage firmly, working the mixture down the hair shaft into the ends. Then rinse thoroughly with warm water and follow up with an acidic rinse to seal the hair shaft.

The Essential Oils Mix
Everyone's hair is different. What can kick-start growth on one person might not work on another. But researchers at the Aberdeen Royal Infirmary in Scotland found that 44 percent of people who used an essential oil blend for seven months reported new hair growth.

What's the secret? It's this: a mix of three drops each of cedar wood oil, lavender, lemon, rosemary and thyme essential oils mixed with an eighth of a cup each of grapeseed and jojoba oils. Apply a few drops of the oil to areas of hair loss every night and massage into the scalp for up to five minutes.

The All-Natural Detangler
Well-moisturized hair is usually tangle-free, but curls aren't perfectly hydrated all the time. For those moments, an all-natural detangling spray can keep curls springy and full of life. Mix 1 teaspoon of aloe vera gel with half a teaspoon of grapefruit seed extract, 2 drops each of grapefruit essential oil and glycerin, and 8 ounces of purified water and pour into a spray bottle. Spray lightly on wet hair and use fingers to gently untangle tresses for a pain-free experience.

Now that you know how to keep curls cute, click here to read the top five hair don'ts for naturalistas.

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