Stimulate Your Roots to Speed Up Hair Growth

August 19, 2010

If the length of your hair is stuck at “short,” constricted hair follicles may be to blame. Try these tips from Livestrong.com to help activate blood vessels to feed the hair root and jump-start hair growth:

Schedule a once-a-month scalp massage. These massages encourage healthy scalp circulation and allow nutrient-rich blood to reach the hair roots. Ask your stylist for this service, or do it yourself at home.

If you choose to DIY, here’s how: Pour a teaspoon of oil into your hands and rub it into your scalp. Then place your fingertips on either side of your head at the curves above the ears. Press gently and move the skin behind your ear back and forth about an inch.

Next, slide hands up to your temples while moving your fingertips in a circular motion as you go. Finally, slide your fingers along your scalp to the back of your skull at the base of the neck, and move your fingers in small circles. Continue moving your fingers along a 1- to 2-inch area until you’ve covered your entire scalp.

Treat yourself to weekly hot oil treatments. These treatments maintain hair health and encourage hair growth, according to Livestrong.com. Rules to observe: Don’t drench your hair in oil (too much moisture will actually stop the hair root from treatment benefits). Remember to leave treatment in place for at least 10 minutes.

To make your own hot oil treatment, simply heat ¼ cup of vegetable oil (canola works best) in a hot water bath and you’re ready to go!

Apply deep-conditioning treatments twice a week. Allow the powerful conditioners in these products to sink moisture into your strands in as little as five minutes to encourage fast hair growth.

Use a wide-toothed comb instead of a brush to groom hair. A hairbrush can damage the hair shaft, narrowing it and slowing down growth.

Click here for tips on how to revive damaged hair.

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http://beta.docker.realhealthmag.com/article/Hair-Roots-Growth-18980-7571