

# Five Good Natural Oils for Natural or Relaxed Hair

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Whether they're rockin' a natural 'do or a salon-relaxed dreamhairstyle, all sisters have one thing in common: They want strong, healthy, beautiful hair. To get it, you don't have to use pricey products or commit to chemical coaxing. Instead, try natural, essential oils to bring out your hair's hidden beauty. Which ones? [CocoandCreme.com](http://CocoandCreme.com) recommends five to start with:

1. **Peppermint Oil** This pleasant, tingly oil increases circulation, which in turn encourages the scalp to produce its own natural oils. One thing is for sure, a healthy scalp is beneficial for overall hair health and growth.
2. **Lavender Oil** Some swear this sweet-smelling oil promotes hair growth, and it has been used to treat some hair and scalp conditions such as alopecia (balding). Dab it on sensitive areas, such as around the crown of the head and temples.
3. **Rosemary Oil** Not only does rosemary encourage hair growth—it can also soothe an irritated scalp, help with dandruff and boost shine. But if you have a bun in the oven, abstain. The oil isn't good for mom and baby.
4. **Sweet Almond Oil** Almond oil feeds hungry cuticles and helps control shedding. The moisture boost it provides to tresses also thickens hair and produces a luxurious sheen.
5. **Coconut Oil** This edible oil fights dandruff and lice and nourishes damaged hair by softening and moisturizing textured tresses. Plus, coconut oil kick-starts hair growth and strengthens strands.

What are you waiting for? Head to the health store and get close to nature for beautiful, strong hair. Want more home remedies?

[Click here](#) to learn how to keep curls under control using only home products.

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