Take the Greenhouse Effect Challenge

Try these natural products for your own hair growth experiment.

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In general, the greenhouse effect is created using water, oils and butters as the go-to moisturizers to lavish on your hair.

First, lightly mist your hair with water. Some folks might like to use rosewater or distilled water instead of regular tap water. Or you can skip this step and work on dry hair.

Next, pour one of your favorite oils in a dish. Try extra virgin olive oil, avocado oil, coconut oil, grapeseed oil, or castor oil as a carrier oil. (Carrier oils, a.k.a. base oils, dilute essential oils and "carry" them onto the scalp.)

Tap in a few drops of essential oils, mix and rub into the scalp. Essential oils include rosemary, eucalyptus, tea tree, lavender, or lemongrass. They're used to stimulate the scalp.

Now it's time to slather on the butter. Shea butter is favored by many people because this plant-based oil is an excellent moisturizer for the hair and skin. Some others include avocado, cocoa, illipe, mango, kokum and cupuacu butters.

Next, section your hair and put tresses into two-strand twists, braids, bantu knots, or just pull your hair into a simple bun. Once you're done, place a shower cap on your head, or cover hair with a close-fitting plastic bag.Now, tie a scarf over your hair and the bag and pull on a comfortable cap to hold in that heat.

That's it! Now you may be on your way to reaping the benefits of the greenhouse effect. Keep track of your progress by doing length checks of your hair with a measuring tape.

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