# Oil Control Tips for Greasy Strands

March 29, 2011

A little oil on the hair is great for your tresses' appearance and scalp's health. But too much of a good thing can weigh strands down, leaving hair limp and difficult to style. What's more, too much oil can clog pores and lead to hair breakage. What to do? Control the oil spill with these tips from DailyGlow.com.

But before we get to those tips, here's the 411 about what may contribute to having oily hair. Genetics; hormones from medications such as birth control pills and those that control menstrual problems; hair thickness (fine hair may be oilier than coarse tresses because the hair's oil glands soak the thin strands); and hair shape (it's easier for oils to travel down straight hair than curly hair).

De-grease strands by rinsing or soaking hair with one of these solutions: weak tea, the juice from a lemon added to a cup of water, a shot of alcohol diluted in two cups of water, or a quarter cup of vinegar mixed into two cups of water.

After applying one of these treatments, thoroughly rinse hair with warm water. Shampoo daily with a mild or clarifying shampoo designed for oily hair. Scrub the scalp and rinse well because oil can also collect on soap buildup. Use conditioner only once or twice each week, and apply it to the ends of hair not on the scalp.

What's more, it's possible for the scalp to be dry even though the hair is oily. In this case, use hot oil treatments on the scalp and wash hair with a shampoo that contains tea tree oil for dryness.

In addition, some people suggest that following a healthy diet, exercising and drinking more water can help combat oily scalp and hair. (So what if it doesn't help your hair; it certainly won't hurt you.)

Tried all of the above and still have oily hair? Then consult a stylist. A professional can offer additional remedies to sop up that oil and gain de-greasing control.

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