

Onion Hair Oil: Is It Good for Your Hair?

Hair fall is becoming a growing concern for people nowadays. Owing to so much pollution around us, people are trying out every way possible to control hair fall. The worst thing is hair fall doesn't come alone. It's accompanied by several scalp issues and not to forget dandruff, hair thinning, greying, and baldness.

[Onion hair oil](#) has been found out to be an effective way to check hair fall and promote hair growth. It's an ayurvedic solution that is widely used by women and men. People have seen evident results of using onion hair oil for months. All you need to do is massage a small amount of onion oil into your scalp regularly. To get even better results, follow a healthy diet. Also, if you don't know much about the benefits of applying onion oil to your hair, we have listed some of the best-known results.

Is onion hair oil good for your hair?

Yes, onion oil helps in enhancing hair growth, making your hair grow thick and healthy in the process. Onion oil has a lot of antioxidants present in it which boosts the functioning of specific enzymes that prevent hair fall and occurrence of hair issues. We have listed below a few ways in which onion oil is useful for your hair and scalp.

▪ Promotes hair growth

Onion oil magically fosters hair growth. Applying onion oil regularly on your scalp would surely fetch you good results.

▪ Prevents hair breakage

Often our hair follicles become weak, causing hair to break

down. Many of us suffer from split ends no matter how frequently we trim them out. Onion oil has a high amount of sulfur which treats split ends and prevents breakage of hair. The other nutrients present in onion oil prevent oxidation of hair. Onion oil also enables people to prevent premature greying of hair.

- **Prevents dandruff**

Onion oil has antibacterial and antiseptic effects, which help you get rid of dandruff and other scalp issues. It treats scalp infections from the base. Besides, it's rich in bioactive properties that help to rebuild hair follicles, stop hair thinning and breakage.

- **Increases length of your hair**

If you have tried every way of increasing hair length but failed miserably, try out onion oil. It's a cost-effective method of dealing with your hair issues. It makes your hair healthier and stronger and fosters fast hair growth. At the same time, it treats split ends and hair thinning. Hence, you do not have to trim your hair now and then.

- **Prevents premature greying**

Onion oil has the goodness of important vitamins in hair. It's rich in minerals, nutrients, and antioxidants that reverse premature greying of hair. You can notice how regularly using red onion oil improves the texture of your hair.

How to use onion oil on your scalp and hair?

You can mix onion oil with another carrier oil and get double benefits. You can also warm the mixture for better results. Usually, it's advised to keep the oil mixture overnight and wash it off the next day with a shampoo and conditioner.

People are advised to extract the raw onion juice from onions

and apply it to their scalp. This ensures that no chemical is added to the solution. All you need to do is add a few drops of oil to your palm and massage it for 20 minutes. Keep it for about an hour and rinse it off with whatever shampoo you prefer. After shampooing your hair, you can apply a [hair serum](#) for the best results.