

Henna is the sole species in the Lawsonia genus with the scientific name Lawsonia inermis has remarkable benefits for skin, hair and health. Henna is majorly known for its properties to treat hair loss. Owing to its comprehensive dyeing effect on hair, henna has been among the commonest mediums of hair colouring and growth in Middle Eastern and South Asian nations. The herb provides an impressive reddish brown colour to dark shade to the hair. Moreover, henna is acknowledged for its properties to treat hair loss and promote hair growth.

## **Impressive Benefits of Henna for Hair and Skin**

### **Henna Boosts Hair Growth**

The natural properties of henna help promote hair growth exponentially. The powder form of this ingredient can also be used to create an essential oil that nourishes and promotes hair growth.

### **Reduce Hair Fall**

Henna directly affects the scalp, assisting in improving follicle health. This helps curb hair fall, and also prevents and corrects hair thinning.

### **Hair Color**

Henna plays an important role on the on the hair strength to dying its color. This Herb has been proven to increase the strength of the hair and therefore represents a safe dye that doesn't permanently affect the health of our follicles.

### **Protects Skin and Helps in Wound Recovery**

Among one of the most remarkable uses of henna is for protecting the skin versus infections and getting rid of inflammation. Henna has been applied to burns, injuries, and scuffs for generations, not just since it can add a protective layer versus international virus and also materials, yet also because it has all-natural cooling abilities that essentially suck the heat from the skin. This makes it really helpful for sunburns.

### **Reduces Tension and Lowers Headache and Migraine Impact**

The juice of the henna plant is not constantly applauded as being especially useful, yet in fact, the juice of the plant can be straight put on the skin for quick remedy for frustrations. The anti-inflammatory impacts of the compounds discovered in henna help it minimize that tension and advertise healthy and balanced blood flow in the veins, which is a typical reason for migraines and migraines.

### **Anti-Aging Factors**

Use of henna juice and oil on the skin, minimize the signs of aging and also wrinkles, as well as unpleasant look of scars and also other blemishes. This is enhanced by the antiviral and anti-bacterial impacts that could shield the body's largest organ - the skin.

### **Improves Nail Quality**

People often forget about maintaining healthy nails, but the cuticles and space under the nails are prime locations for infection and bacterial presence; therefore, treating your nails with henna is a wise choice. Drinking the water in which leaves have been steeped helps to prevent nails from cracking and reduce inflammation.