

Neem holds a strong place in the world of medicine and wellness. Particularly, neem oil, extracted from the very seed (or fruit) of the tropical neem tree. Neem oil has a garlicky smell, tastes bitter, and is yellow to brown in color. Lets see amazing benefits of Neem Oil For glowing skin, hair and health here.

Outstanding Benefits Of Neem Oil For Glowing Skin, Hair, Health



Relieves Dryness

Rich in vitamin E and essential fatty acids, neem oil can go deep into the skin. It can heal even the tiniest of cracks from extreme dryness. It is also used to enhance ageing skin, as it boosts collagen production.

Prevents Aging

Beta-carotene present in neem gives the skin protection from ultraviolet radiation and oxidative stress, helping reduce the skin ageing signs

Smooths Wrinkles

With its regenerative properties and immune-boosting compounds, neem oil enables the skin to fight pathogens that are present below the skin surface. This keeps the skin smooth and fights wrinkles. Using neem oil for face or including neem powder in face packs soothes the skin thereby reducing the effects of ageing

Treats Acne and Removes Pimples

Neem has the capacity to treat acne because it contains diverse therapeutic properties including anti-inflammatory and antimicrobial. In addition, neem assists in relieving the itching and pain related to acne. Apart from that, it can destroy the bacteria responsible for the breakout and decrease the inflammation linked to acne and pimples.

Skin Toner

Neem oil is a perfect skin toner as it restores the moisture to the skin and fights pathogens that are found below the skin surface. Using neem oil as a skin toner will leave the skin young, healthy and smooth.

Removes Dandruff

Many anti-dandruff shampoos use neem oil as a main ingredient because of its medicinal properties. Neem hair oil not only improves your scalp health but also maintains the PH level of the scalp.

Removes Head Lies

Neem oil is considered to be the safest and the most effective way to get rid of head lice. All you need to do is apply neem oil on your scalp and leave it overnight. The next day when hair is combed with a thin comb, you will notice how neem oil has worked in those lice troubled locks.

Treat Hair Loss

The neem tree comes with natural anti-inflammatory, antiviral, anti-fungal, and anti-bacterial features. Neem has been used to treat hair loss and many skin ailments for ages. Neem leaves come with the blood purifying and anti-microbial properties, which aid in solving the root causes of the problem of hair loss.

Condition The Hair

Neem contains many essential fatty acids, which will condition and nourish your hair and make it soft and smooth. You can use it as a natural conditioner because it adds moisture and inhibits dry hair.