

Jamaican Black Castor Oil Benefits and Use

by AfroDeity Ltd.



Chapter 1: Benefits and Use of Castor Oil

Regular use of Jamaican Black Castor Oil on your scalp and hair will:

- ✓ Stimulate hair growth
- ✓ Nourish and thicken hair that is starting to thin out
- ✓ Cleanse toxins from the scalp
- ✓ Reduce and prevent hair damage
- ✓ Moisturise dry brittle hair and prevents dry scalp - it is a good moisturising oil.
- ✓ Deeply condition and moisturise hair and scalp - detoxifies the scalp and helps remove bacteria yeast and fungi that can cause dandruff.
- ✓ Helps stop split ends and frizziness by strengthening the hair strands
- ✓ Gives hair body and bounce

Use regularly once a week for 6-8 weeks to see the results. Jamaican Black Castor Oil can be a particularly heavy oil depending on your hair type and is best mixed with another lighter oil like coconut or olive oil especially if you do plan to leave it on your scalp for a few days.

Use and Overuse

Jamaican Black Castor Oil (JBCO) is not a miracle product. Many have experienced growth and thickening in their hair journeys which can be attributed to Jamaican Black Castor Oil use, but it won't make your hair grow over night! One's hair journey is a process and educating yourself about your hair is just as important as what you put on it. Good hair habits and respecting your hair will make your hair grow in time. There is no need to rush the process and apply it over liberally daily. Sticking to a good routine is a more effective way of taking care of your hair than lathering this oil all over and expecting results in the first week, you are definitely doing more harm than good.

Overuse on the scalp will encourage bacterial and fungal growth. Black hair produces oil on its own and adding too much oil to a dirty scalp is clogging up the pores and can cause

skin and scalp problems like dandruff by encouraging bacteria, yeast and fungal growth in the dirt and oil that accumulate on the scalp. You do not need to oil your scalp daily, contrary to popular belief! However applying the oil regularly (every few days) has been known to encourage growth and start new growth. Please treat your scalp kindly. Mix with a lighter oil, if you plan to do this.

Chapter 2: Castor Oil Science

We were unable to find any published cosmetic research on unrefined Jamaican Black Castor Oil so the information is about general castor oil.

Castor oil is a vegetable oil obtained from castor seeds (*Ricinus communis*). *Ricinus communis* is the scientific name for the castor oil plant. *Ricinus communis*, is a species of flowering plant in the spurge family, Euphorbiaceae. *Ricinus* describes the genus and *Communis* describes the species of the plant.

Castor oil is a triglyceride which are esters derived from glycerol and three fatty acids.

Approximately ninety percent of the fatty acid content in castor oil is from ricinoleic acid.

Ricinoleic acid (12-hydroxy-9-cis-octadecenoic acid) is an unsaturated omega-9 fatty acid that naturally occurs in mature castor plant seeds. Omega 9 fatty acids which have a conditioning and moisturizing effect on the scalp and the hair.

Essential fatty acids are needed for the development of healthy tissues. Our natural sebum contains essential fatty acids. Lipases derived from bacteria which are always available on the skin break down triglycerides to free fatty acids and glycerols. These "good" bacteria cleave the glycerol freeing the fatty acid from the triglyceride, producing free fatty acids. Free fatty acids create an antimicrobial layer that can protect our skin/scalp from "bad" bacteria and prevent infections. Microbial and fungal infection are two of the main causes of hair loss or dandruff. Using castor oil can help with dry scalp and skin conditions.

As well as ricinoleic acid, the other fatty acids in castor oil nourish hair and prevent scalp from drying by retaining moisture.

Resources

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"Skin-Conditioning Agents" by the Environmental Working Group

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Ogawa J, Kishino S, Ando A, Sugimoto S, Mihara K, Shimizu S.(2005). Production of conjugated fatty acids by lactic acid bacteria.J Biosci Bioeng.100(4):355-364

Kishino S, Ogawa J, Ando A, Omura Y, Shimizu S. (2002) Ricinoleic acid and castor oil as substrates for conjugated linoleic acid production by washed cells of *Lactobacillus plantarum*. Biosci Biotechnol Biochem. 66(10):2283-6.

Chapter 3: Pre Shampoo Treatment

A Pre shampoo treatment or Pre poo as it is called in some circles is applying an oil (hot/cold) or conditioner to dry hair before shampooing.

Benefits of Pre Shampoo

Pre-poops protect our hair from the harsh effects of some of the ingredients in shampoo and help in conditioning the hair.

Most of the oil dirt and build up that we want shampoos to help remove is on the scalp, not the hair. Using an oil or a conditioner as a pre shampoo helps provide a barrier between the hair and the harsh detergents in the shampoo.

Pre-poops also help condition the hair. Conditioners and oil often work better when applied to dry hair. Dry hair is more able to absorb conditioner than hair that is filled with water. Our hair will absorb conditioner into the hair shaft.

How to Pre-Poo

There are several ways to pre-poo. Castor Oil can be a very good pre shampoo treatment. Apply this oil (warmed or not) to the scalp and/or hair, cover with a scarf and sleep with the product on their hair. This can get messy on your pillow. When washed out in the morning, and the hair shampooed and conditioned, you will notice a difference in the softness or moisture level of their hair.

Divide the hair in four parts to ensure even coverage. Apply the oil to the scalp, and all over the hair and ends and cover with a plastic cap. If you do warm the oil please be careful to check that the oil is not too hot before you apply it. Then wrap the towel with a warm towel. Some use a warm wet towel. Some even use a hair dryer. The heat really helps the hair absorb the product.

You can pre-poo while you finish any work or chores around the house.

Chapter 4: Moisturise and Protect Your Ends

Moisturising your ends involves, putting a leave in moisturiser on the ends of your hair. In order to keep the moisture in the strands, an oil like castor oil/ coconut oil can be quite beneficial.

Apply your usual leave in to the ends. Then se a mixture of castor oil, avocado or olive oil with a few drops of lavender, rosemary or Ylang Ylang oil.

Put a small amount on the ends of the hair and style as usual.

Moisturising and Protecting your ends Pre Relaxer

Protecting your ends pre relaxer is also good use of this moisturising oil. It helps prevent over processing of the strands that have already been relaxed as the oil coats the hair nicely. During the relaxer process it is washed off the hair. No need to use the whole bottle just enough to cover your hair, not soak it in JBCO.

Chapter 5: Conditioning and Moisturising Oil

Just as in the case of the Pre shampoo treatment, castor oil can be added to your normal conditioner. Coconut Oil is also a light moisturising oil and mixing this with castor oil can be extremely beneficial.

Natural Product Recipes

Moisturising conditioner

1 avocado (hydrates and nourishes)

1 tbsp coconut oil (nourishes and conditions)

2 tbsp jamaican black castor oil

1 tbsp apple cider vinegar

Protein conditioner

1 avocado (hydrates and nourishes)

1 egg yolk

1/2tsp olive oil (conditions)

2 tbsp jamaican black castor oil

Otherwise adding castor oil to your normal conditioner should be enough to give you a good deep penetrating conditioning treatment.

Put on a plastic cap with a warm towel or sit under a hair dryer. Do this for 15 minutes to 1 hour.