TRENDING

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## Castor Oil for Hair: The Pros and Cons, According to Experts





decreased frizz.

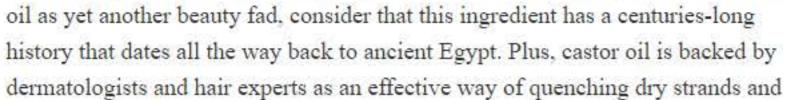
of the hair."

normal."

masks, and serums.

Jump to category: The Benefits of Castor Oil

Published 7 Days Ago I know. I know: We're constantly bombarded with reports of miracle hair growth



oils and shampoos and conditioners that promise to reinvigorate our scalps, wipe

out build-up, and generally change our hair forever. But before you write off castor

potentially stimulating healthy hair growth. Curious? We were, too. So we tapped the experts to get more intel about using castor oil in your hair. The Benefits of Castor Oil "Castor oil can help to condition hair strands and increase shine and hydration," explains Dr. Rebecca Marcus, a board-certified dermatologist and founder of MaeiMD.

## Atlanta-based dermatologist Tiffany L. Clay, M.D. explains that if you looked at the molecular structure of castor oil, you'd see that it's a glycerol with a long-chain

fatty acid. So what does this mean? Simply put, fatty acids are excellent at nourishing hair follicles. The outer layer of the hair shaft is covered in tessellating, scale-like structures called cuticles, and when the hair is damaged, those become flayed and flared, resulting in frizz and dullness. Castor oil, however, "can seal and

Castor Oil for Hair Growth "While there are currently no conclusive clinical studies proving that [castor oil] causes hair to grow faster, we do know that castor oil stimulates prostaglandin E2, which causes vascular dilation and increased circulation, which could help to stimulate follicles," says Dr. Marcus. "Another prostaglandin, PGD2 has been shown to be increased in those with hair loss, and castor oil is known to inhibit PGD2. While we are still unsure whether or not these actions cause hair to grow faster, at the very least it may help prevent breakage, contributing to overall length

NYC-based dermatologist and hair loss specialist Dhaval G. Bhanusali, M.D.

topicals and even hair growth," he says. "That being said, I don't think the

agrees. "There is some proposed benefit of castor oil with improving penetration of

scientific evidence is there to make any sizable claims, particularly for stimulating

new hairs." If you're suffering from hair thinning or hair loss, Dr. Bhanusali says,

"I can't stress enough how important it is to go see a board-certified dermatologist.

We now have so many new options and it's much easier to create a comprehensive

environment for hair growth and retention in the long-term. **How To Apply Castor Oil** For use as a leave-in treatment, Dr. Clay recommends warming a small amount of castor oil between your palms and smoothing it along the ends of your hair on a weekly basis. Meanwhile, for use as a deep conditioner, Dr. Marcus says, "Before

washing your hair, I recommend applying it to dry scalp and hair, covering with a

shower cap, leaving in for 20 minutes, and then shampooing and conditioning as

However, as with any hair oil, it's important to start small and be aware of how your hair type responds to oil products. "For those with coarse, curly or dry hair, they may wish to apply castor oil to the ends of hair and leave in, as it's a fairly

And if you're not comfortable using pure castor oil for fear of overdoing it, there

BEST CASTOR OILS

BEST COLD PRESSED CASTOR OIL

are a number of less intense options, including shampoos, conditioners, hair

Briogeo Organic + Cold-Pressed 100% Castor Oil \$26 at Sephora \$26 at Amazon



Acure The Essentials Castor Oil \$14.99 at target.com

fullness in just a few weeks.

BEST MULTI-USE CASTOR OIL

Oil \$9.99 at ulta.com \$13.99 at Amazon

\$13 at Heritage

never causes irritation.

BEST CASTOR OIL SHAMPOO AND

entire face, too.

CONDITIONE

This is the castor oil I use, and I love the way it makes my hair shinier and noticeably less frizzy. It also doesn't have a strong smell-something I greatly appreciate, considering how much I love to wear perfume and hate to have my scents clash.

BEST CASTOR OIL CONDITIONER FOR SCALP HEALTH

Kreyol Essence Haitian

Black Castor Oil Scalp

Suffering from dandruff? Look no further. One

reviewer raves that this product is the first that's been

Care Conditioner

\$22.00 at ulta.com

BEST OVERALL CASTOR OIL CONDITIONER As I Am Jamaican Black Castor Oil Conditioner \$11 at asiamnaturally.com

I love the brand As I Am for both its effective, deeply

conditioning hair products and for its humanitarian

edge. This refugee-founded company is particularly

write that this conditioner keeps their curls defined,

popular among women with curly hair, several of whom

Shea Moisture

bouncy, and healthy.

BEST CASTOR OIL HAIR MASK

MEET THE EXPERTS

Dr. Dhaval Bhanusali 📵 📵 Dermatologist Dr. Bhanusali is an NYC-based, board-certified dermatologist based in NYC. After

Gabrielle Ulubay 💟 🎯 🝈 🕲 🖸

E-Commerce Writer

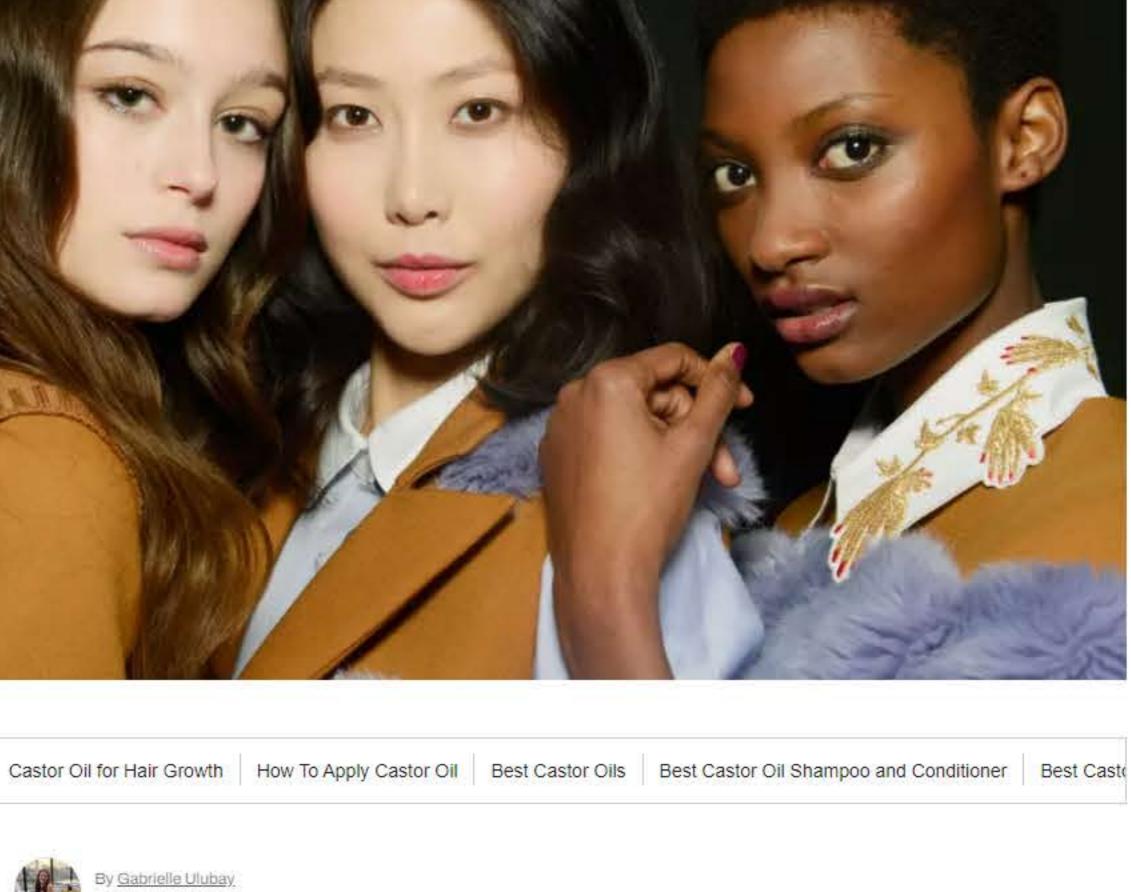
Gabrielle Ulubay is an E-Commerce Writer at Marie Claire and writes about all things fashion and beauty. She's also written

about politics, gender, and sex for publications like Bustle, HuffPost Personal, and The New York Times. As a film school

graduate, she loves all things media and can be found making art when she's not busy writing.



is a member of the American Academy of Dermatology, American Society for Dermatologic Surgery, Women's Dermatologic Society, Georgia Society of Dermatology and Dermatologic Surgery, Atlanta Association for Dermatology, and Dermatologic Surgery and the National Medical Society. Dr. Clay is passionate about preventing skin cancer and providing high-quality care to oft-overlooked patients of color, and is currently based in Atlanta.



allow the cuticle to lie flatter," according to Clay, resulting in better shine and

plan for early hair loss than later in the game." In short, much like a hair growth shampoo, while castor oil alone won't cure hair loss or thinning, it can support hair health, plus make your scalp a better

light oil," says Dr. Marcus. "For those with fine or thin hair, though, they'll probably prefer to use it as a pre-wash treatment as above, washing out so as to

avoid weighing hair down and a greasy appearance."

B. Well \$26 at Nordstrom Reviewers love this cold pressed castor oil from Briogeo, but several warn that, as with most oils, a little

> BEST CASTOR OIL FOR HAIR AND SKIN SheaMoisture 100% Pure Jamaican Black Castor

We love Shea Moisture for their moisturizing line of

to reviews, it makes hair shiny with just a few drops,

hair products, and this option is no different. According

and one drop can be used to effectively moisturize your

Who says hair growth applies just to the scalp? One

pleased customer writes that they use it on their brows

and lashes, and that they've noticed an improvement in

goes a long way. This may not be a large jar, but rest

assured that it will last you for months to come.

BEST SCENTED CASTOR OIL Heritage Store Organic Lavender Castor Oil

This product is a great option if you love the fresh,

soothing scent of lavender. Customers also write that

the product is great for sensitive skin and scalps, and

CONDITIONER BEST CASTOR OIL SHAMPOO Okay Black Jamaican Castor Oil Shampoo \$10.71 at amazon.com

able to soothe her and her children's dry, itchy scalps, calling it a "life saver."

Treatment Masque For Dry Hair Jamaican Black Castor Oil \$14 at target.com

I can't even begin to explain the depth of my love for

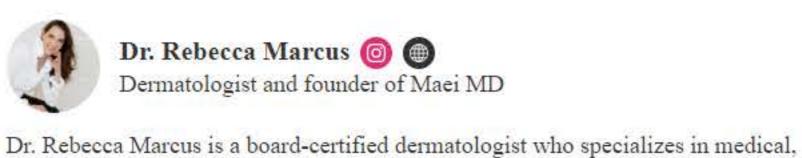
this hair mask. Once a week, I coat my curls in this

subtly scented mask, pop a shower cap over it, and

and the tub has lasted me ages.

wash it out after about 20 minutes. It works wonders,

BEST CASTOR OIL DEEP CONDITIONING TREATMENT



surgical, and cosmetic dermatology. She has nearly two decades of experience and

University. Since then, in addition to practicing dermatology, she has founded her

completed her residency along with a clinical research fellowship at Columbia

own skincare line, Maei MD.



