

HONEY AND OLIVE OIL



The miraculous nature of both honey and olive oil cannot be expounded enough. In the Quran Allah swears by the Olive (Surah Teen, Juz 30) and refers to it as 'Blessed.' This is not just in reference to the olive itself, but also its oil.

Both the holy [Qur'an](#) and Hadith refer to honey as a healer of disease.

'And thy Lord taught the bee to build its cells in hills, on trees and in (men's) habitations..... there issues from within their bodies a drink of varying colours, wherein is healing for mankind. Verily in this is a Sign for those who give thought'.

(Translation of Quran 16:68-69)

In addition, the [Prophet](#) (PBUH) said:

'Honey is a remedy for every illness and the Qur'an is a remedy for all illness of the mind, therefore I recommend to you both remedies, the Qur'an and honey'

(Bukhari)

Olive oil and honey are healthy products for your hair and health. Honey has been used for centuries as a beauty treatment in skin and hair preparations. Olive oil is known for its many health uses in diet and beauty. Combine the two in a recipe for an olive oil and honey hair treatment that is easy to use and benefits your hair.

Benefits of Olive Oil

Olive oil is good for conditioning and dandruff control, according to The Olive Source. It is made up of monounsaturated fatty acids with strong antioxidants, and vitamins A and E, which help moisturize and repair skin and hair.



Benefits of Honey

The benefits of honey are numerous. Honey is a humectant; it attracts and holds moisture, explains the National Honey Board. This makes it a good choice for damaged or dry hair. It also has antimicrobial properties that make it an effective cleanser, according to a study conducted by researchers at the University of Amsterdam and published in the March 2010 issue of the Federation of American Societies for Experimental Biology journal. Honey was shown to be effective against a broad spectrum of bacteria. It is also shown to have anti-inflammatory properties and is good for burns and healing wounds.

Recipe

Take 1/2 cup honey and mix it with 1/4 cup olive oil. If needed, warm the mixture in a microwave for 15 seconds. Use your fingers to apply a small amount of the mixture on damp hair, working it through the strands, down to the ends. Cover your hair with a towel and leave the mixture on for 30 minutes. Shampoo well, rinse and dry as normal.

Types

Olive oil is available in many different grades and prices. Extra virgin olive oil is considered the highest quality and a good choice for condiments and beauty products. It is the least processed and comes from the first pressing of the olives. This oil is high in antioxidants and bitter to the taste, as noted by The Olive Oil Source. Virgin olive oil is from the second pressing, and pure oil undergoes some filtering and refining. Extra light olive oil is filtered further, leaving a much lighter flavour.

Honey is also available in varying grades and sources. The colour and flavour depend on the source of the bee's nectar or blossoms used to make the honey. They are usually not processed and will be different shades of amber. Choose a pure honey for your hair treatment.

Honey and Olive oil can also be used for various different face masks too, which we will provide at a later date inshallah.