Hair Oil Hair oil is a popular and effective product used to nourish and maintain healthy hair.It is best to leave it on for a few hours or overnight before washing it out with a mild shampoo.It is made from a variety of natural oils, such as coconut oil, argan oil, olive oil, and castor oil, all of which are known for their moisturizing and repairing properties.Hair oil can also promote hair growth by stimulating the scalp and improving blood circulation.To use hair oil, you can apply a small amount to your scalp and hair, massaging gently to ensure even distribution.Using hair oil regularly can help improve the texture, shine, and strength of hair.Regular use of hair oil can result in softer, shinier, and healthier hair.It is often used to treat dry scalp, split ends, and frizzy hair.The benefits of hair oil go beyond just appearance.