

## HAIR GROWTH & FINE HAIR

Hair loss can be generated from a number of factors, including a diet lacking in full nutrition, hormonal imbalances, medical treatments and medications, overuse of chemical hair treatments, and stress, stress, stress.

The conversation about how to promote hair growth usually involves harsh chemicals, expensive potions, and is the antithesis of what we're up to in our *Nature's Farmacy* conversation.

Whether one is wanting to handle stress-related hair loss, or men are wanting to slow or reverse male pattern baldness, we know that essential oils can not only stimulate the re-growth of hair, but can also gently detoxify, balance stress, and more. We've seen it many, many times.

Here's one recipe that's created raving fans. We've seen this recipe work for men and women both.

### Hair Growth Formula, Naturally

4 oz cobalt spray bottle of distilled water  
1 ½ tsp *Dead Sea Salts*

Mixed well. Add 18 drops *Prosper blend* (really.) Spray on wet hair daily after shower, gently massage scalp for a moment or two to promote hair growth.

### **Other Essential Oils That Can Be Useful for Promoting Hair Growth**

- **Basil:** Promotes hair growth.
- **Cedarwood:** Phenomenal for hair and scalp. When added to shampoo, its tonifying ability is supportive for hair growth, relief from infections, as well as relief from dandruff.
- **Clary Sage:** Possesses tonifying properties of value to skin, hair and scalp. It is often found in hair and skin care products, and may be helpful with hair loss as well.
- **Eucalyptus:** A great oil for use with skin care needs – its also particularly helpful in releasing congestion of any kind – including congestion of the hair follicles and circulation of the scalp.
- **Argan:** Used by indigenous people for centuries to prevent hair loss, promote hair growth, condition the scalp and deeply moisturize the skin. It is also know to be hypoallergenic.
- **Lavender:** An all-around skin care oil – it's also profoundly healing and regenerative to scalp and hair. Human clinical studies at University of Maryland Medical Center, Baltimore, show **Lavender** oil as one of the oils to be most beneficial to hair, skin and scalp.
- **Peppermint:** Promotes hair growth, also helpful with skin and scalp.
- **Rose:** Helpful with fine hair, promotes hair growth. Soothes scalp.

## HAIR GROWTH & FINE HAIR *cont'd*

- **Rosemary ct. 1,8:** Has long been used to promote hair growth and deep cleansing for hair and scalp.
- **Sage:** Promotes hair growth. Sage is one of the best scalp clarifiers. It deep cleanses impurities away from the scalp and works well with other herbs to heal scalp problems such as psoriasis and helps to end dandruff symptoms. A strong infusion of **Sage** used as a hair rinse may darken hair color and help reduce hair loss.
- **Ylang Ylang:** Stimulates hair growth.
- **Capsicum** – though not available as an essential oil, I personally feel that this natural herb deserves honorable mention for its amazing healing abilities. In this case, it stimulates hair growth and increases flow of blood to the scalp. This herb is effective in preventing hair loss.

### HAIR GROWTH AND FINE HAIR

#### Hair Growth Tonic #1 Rescue Recipe

10 to 12 drops of selected essential oil from the list above  
1 oz of **Argan** or **Sesame Carrier Oil**

Mix well. Massage it into the scalp for a minimum of fifteen minutes. Shampoo well.

#### Hair Growth Tonic #2 Rescue Recipe

NOTE FROM LORENE: Although this isn't an essential oil recipe – it's so great, I thought it would be worth including. The power of capsicum to increase blood flow and stimulate cell division is well known.

4 oz of cayenne pepper  
1 pint of one hundred proof Organic vodka (or **Argan Carrier Oil**)

Dilute with 20% distilled water. Mix well. Let it steep for two weeks, gently shaking the mixture once each day. Strain through several layers of fine cloth until the mixture is free of pepper. Once or twice daily, rub a small amount onto the thinning areas of the scalp.

If you have dry scalp, you may prefer to mix cayenne with **Argan Carrier Oil**. In either case, be careful not to get the mixture in your eyes.

#### Hair Growth Tonic #3 Rescue Recipe

10 drops <b>Rosemary ct. 1,8</b>	10 drops <b>Lavender</b>
5 drops <b>Basil</b>	4 oz <b>Argan Carrier Oil</b>

Blend well. Store in a cobalt blue bottle or amber bottle. Massage a few drops into your scalp at night or apply them on your hair brush and brush your hair thoroughly.

## HAIR GROWTH & FINE HAIR *cont'd*

### Hair Growth Tonic #4 Rescue Recipe

4 drops <i>Thyme ct. thymol</i>	4 drops <i>Rosemary ct. 1,8</i>
4 drops <i>Cedarwood</i>	1 tsp <i>Argan Carrier Oil</i>
6 drops <i>Lavender</i>	1 oz <i>Sesame Carrier Oil</i>

Mix *Thyme ct. thymol*, *Cedarwood*, *Lavender*, and *Rosemary ct. 1,8* well in a small glass jar. Add the remaining carrier oils. Mix thoroughly. Massage this recipe into your scalp for several minutes. To enhance absorption, wrap your head with a hot, moist towel. Let sit for 45 minutes if possible. To super-charge your body's response, apply oils daily for two weeks, and then allow the scalp to 'rest' for a week. Resume application for another two weeks, rest the third week, continuing the pattern of application until you're fully satisfied with the results.

Aberdeen Royal Infirmary in Scotland tested 84 people suffering from alopecia areata, a type of hair loss that causes patchy baldness. Instructions were to rub the essential oils recipe (above) into their scalp daily. After seven months, 44% of them re-grew as much as half of their hair, while a few re-grew almost all of their hair back. Hay I, et al. *Randomized trial of aromatherapy—successful treatment for alopecia areata. Arch Dermatol 1998;134:1349-52.*

### Lavender Rosemary Hair Growth Tonic Rescue Recipe

½ cup *Carrier Oil*  
10 drops *Rosemary ct. 1,8*  
15 drops *Lavender*

Mix well. Warm slightly. Apply to damp hair. Use a light-weight hair processing cap, or plastic wrap to wrap hair and scalp. Then wrap with hot wet towel. Leave on until fully cooled. Shampoo as usual.

### Apple Cider and Sage Hair Growth Tonic Rescue Recipe

12 drops *Sage*  
½ cup Braggs Apple Cider Vinegar  
½ cup clean water

Apply over hair and scalp. Massage scalp for a few moments. Wrap head in warm towel, let sit for 30 to 45 minutes. Rinse, shampoo as usual.

## HAIR THICKNESS

- **Chamomile:** Use on fine to normal hair. Gives golden highlights. A superb oil for the skin and hair, it encourages regeneration and is of value with burns, wounds, ulcers, acne, dry skin, dermatitis, and allergic reactions. It creates a wonderful synergy when blended with *Lavender* to ease inflammation and promote healing.

**HAIR THICKNESS** *cont'd*

- **Rose Oil:** Anti-inflammatory, regenerating and moisturizing properties make it an important component in cosmetic and hair-care products. Use to fortify and revitalize hair. It prevents breakage, adds sheen and improves body and texture. It strengthens hair shafts and heals itchy scalps.

Hair Thickness Tonic #1 Rescue Recipe

10 drops **Rose oil**  
1 oz **Argan Carrier Oil**

Massage directly into scalp. Let sit for 20 to 30 minutes. Shampoo as usual. For deep conditioning, massage oil into scalp, cover with hair treatment cap. Wrap with a hot wet towel, or heat with blow dryer.

Hair Thickness Tonic #2 Rescue Recipe

5 drops **Cedarwood**                      4 drops **Rosemary ct. 1,8**  
4 drops **Juniper berry**                1 oz **Argan Carrier Oil**

Massage directly into scalp. Let sit for 20 to 30 minutes. Shampoo as usual.

For deep conditioning, massage oil into scalp, cover with hair treatment cap. Wrap with a hot wet towel, or heat with blow dryer.

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