

## **HAIR AND SCALP PROBLEMS**

Sulfur is the single most important mineral for maintaining the strength and integrity of the hair and hair follicle.

### **Single Oils:**

Rosemary, lavender, clary sage, sage, cedarwood, basil, sandalwood, juniper, ylang ylang, sandalwood, lemon, cypress, rosewood

Rosemary adds body and conditions the hair.

### **Blends:**

Blend for dry hair:

- 2 drops ylang ylang
- 8 drops rosewood
- 4 drops geranium

Blend for oily hair:

- 6 drops patchouly
- 2 drops lavender
- 6 drops lemon

Blend to help with split ends:

- 1 drop rosemary
- 3 drops sandalwood
- 1 drop ylang ylang

### **EO Applications:**

#### **TOPICAL:**

DILUTE 20-80, massage 1 tsp into the scalp vigorously and thoroughly for 2-3 minutes; leave on scalp for 60-90 minutes. (An excellent time to do this would be during an exercise routine). Mix 2-4 drops of essential oils with 1-2 teaspoons of shampoo to wash hair after exercising.

A rinse to help restore the acid mantle of the hair:

- 1 drop rosemary
- 1 tsp. pure apple cider vinegar

- 8 oz. water.

Use as a final rinse on hair. Rub 1 or 2 drops on as hairdressing or on hairbrush to prevent static electricity.

NOTE: Quality shampoos containing essential oils do not lather up as much as other shampoos because they do not contain harmful, foaming agents.

### **Dietary Supplementation:**

ParaFree, Thyromin, Super B, Master Formula, Longevity Caps, Sulfurzyme

### **Topical Treatment:**

Lavender Volume Hair and Scalp Wash, Lemon Sage clarifying Hair and Scalp Wash, Rosewood Moisturizing Hair and Scalp Wash

### ***Premature Graying***

This condition is thought to be from a deficiency of biotin, an important B vitamin.

Sandalwood helps retard greying. Rosewood may lighten hair color.

### ***Dandruff***

Dandruff may be caused by allergies, parasites (fungal), and/or chemicals.

*Melaleuca alternifolia* (tea tree) has been shown to be effective in treating dandruff and other fungal infections.<sup>23</sup>

### **Single Oils:**

Tea tree, rosemary, cedarwood

### **Blends:**

Citrus Fresh, Melrose

Dandruff blend:

- 5 drops lemon
- 1 drop rosemary or sage
- 1 drop lavender

### **EO Applications:**

## **TOPICAL:**

DILUTE 50-50, massage 1 tsp into the scalp vigorously and thoroughly for 2-3 minutes; leave on scalp for 60-90 minutes. (An excellent time to do this would be during an exercise routine).

MIX 2-4 drops of essential oils with 1-2 teaspoons of shampoo to wash hair after exercising.

## **Topical treatment:**

Lavender Volume Hair and Scalp Wash, Lemon-Sage Clarifying Hair and Scalp Wash

## ***Hair Loss***

(See [ALOPECIA AREATA](#))

Hair loss is caused by hormonal imbalances (such as increase in testosterone), or inflammatory conditions (as in the case of alopecia areata).

Essential oils are excellent for cleansing, nourishing, and strengthening the hair follicle and shaft. Rosemary (cineol chemotype) encourages hair growth.

## **Single Oils:**

Lavender, rosemary, cedarwood, sandalwood, clary sage

## **Blends:**

Hair loss prevention blend #1:

- 3 drops rosemary
- 5 drops lavender
- 4 drops cypress
- 2 drops clary sage
- 2 drops juniper

Add 10 drops of the above blend to 1 tsp. of fractionated coconut oil and massage into the scalp where it is balding; then rub gently into the remainder of the scalp. This works best when done at night.

Hair loss prevention blend #2:

- 10 drops cedarwood
- 8 drops rosemary
- 10 drops sandalwood

- 10 drops lavender

Hair loss prevention blend #3:

- 6 drops rosemary cineol
- 8 drops ylang ylang
- 12 drops cedarwood
- 12 drops clary sage

### **EO Applications:**

#### **TOPICAL:**

DILUTE 50-50, massage 1 tsp. into the scalp vigorously and thoroughly for 2-3 minutes; leave on scalp for 60-90 minutes. (An excellent time to do this would be during an exercise routine). Mix 2-4 drops of essential oils with 1-2 teaspoons of shampoo to wash hair after exercising

#### **Dietary Supplementation:**

Super B, Essential Omegas, Thyromin, Sulfurzyme.

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23. "Antifungal activity of the essential oil of *Melaleuca alternifolia* (tea tree oil) against pathogenic fungi in vitro." *Skin Pharmacol.* 1996;9(6):388-94.

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