

ESSENTIAL OILS FOR HAIR

Use in a nourishing carrier oil such as Argan oil, which is moisturising and rich in antioxidants, Jojoba oil which is similar to the skin's own sebum and will moisturise and add nutrients or coconut oil to soften and add shine. Massage into the scalp and hair, or added directly to your shampoo or conditioner.

Hair loss and Alopecia

Clary Sage -	Increases hair growth and hair strength. Balance the scalp's natural oil production.
Lavender -	Reduces stress, improves scalp health and promotes faster hair growth.
Rosemary -	Stimulates hair growth and promotes cellular generation. It can also improve thickness.
Thyme -	Stimulates the scalp and helps to prevent hair loss.
Cedarwood Atlas - Peppermint -	Balances the scalp's natural oils, reduces hair loss and thickens hair. Stimulates circulation to the scalp and helps to activate follicles.
Lemongrass -	Effective at reducing dandruff and improving scalp health.
Tea tree -	Antibacterial, anti-fungal, antimicrobial and cleansing, it can clear blocked follicles and promote a healthy scalp.
Juniper Berry -	Strengthens hair. Detoxifying. Soaks up impurities, unclogs, cleanses and tightens pores. Stimulates blood circulation to the scalp improving hair growth.
<u>Dry Hair</u>	
Ylang Ylang -	helps to increase sebum (your body's natural oil) production and improve texture.
Lavender -	Conditions and retains shine
Sandalwood -	Boosts shine, restores and locks in moisture
<u>Brittle Hair</u>	
Ylang Ylang -	helps to increase sebum (your body's natural oil) production which will improve texture and reduce breakage.
Geranium -	
	Great for strengthening the hair.
Clary Sage -	Great for strengthening the hair. Also great for strengthening hair.
Clary Sage - Lemongrass -	
	Also great for strengthening hair.

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Oily Hair

Rosemary -	Is and astringent and can help reduce oil production
Tea tree -	Reduces oil build up and unclogs follicles
Cedarwood Atlas -	Balances the hair and scalp's natural oils
Lemon -	Balances and cleanses the scalp, removing dandruff and dead
	skin cells.

Dull Hair

Chamomile -	Improves shine and softness.
Lavender -	Conditions and retains shine.
Sandalwood -	Boosts shine, restores and locks in moisture.

<u>Dandruff</u>

Lavender -	Soothes the scalp, improves scalp health and controls dandruff
Tea tree -	Its anti-fungal, antibacterial and cleansing properties can help to
	clear and unclog follicles and improve scalp health. Reduce itchiness
	and excess oil.
Peppermint -	Encourages blood and oxygen to the scalp which improves health
	and reduces dandruff formulation.
Lemongrass -	Relieves itchy, dry scalp and improves scalp health
Cedarwood Atlas -	Balances the hair and scalp's natural oils
Lemon -	Balances and cleanses the scalp, removing dandruff and dead
	skin cells.
Rosewood -	Anti-fungal properties, cleansing, rejuvenating and restorative to
	the scalp.
Juniper Berry -	Anti-fungal. Detoxifying. Soaks up impurities, unclogs, cleanses and
	tightens pores. Moisturising and calming to the scalp.

Itchy scalp

Peppermint -	Soothing and anti-inflammatory to the scalp.
Lavender -	Antibacterial and soothing
Lemongrass -	Relieves itchy, dry scalp and improves scalp health
Rosewood -	Anti-fungal properties, cleansing, rejuvenating and restorative to the skin.
Juniper Berry -	Anti-fungal. Detoxifying. Soaks up impurities, unclogs, cleanses and tightens pores. Moisturising and calming to the scalp.

<u>Split Ends</u>

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Lavender -	Locks in moisture. Conditions and retains shine.
Sandalwood -	Reduces dry ends, boosts shine and restores moisture
Chamomile -	Nourishes and restores damaged hair
Thyme -	Restores damaged or weakened hair.