

Herbs and Essential Oils for Hair Care

Herb/Essential Oil	Hair Type	Effects
Basil	Oily	Promotes growth, conditions hair and scalp.
Calendula	All types	Brightens red and blond hair.
Cedarwood	Oily	Hair loss, alopecia, dandruff, itchy scalp.
Chamomile	Fine to normal	Give golden highlights
Citronella	Oily	Balances oily hair
Clary Sage	All types	Dandruff, hair loss, fragile hair,
Comfrey	Dry	Soothes and moisturizes hair, adds natural highlights to either dark or light hair.
Lavender	Dry -Normal	Great for scalp, treats itchiness, dandruff, alopecia, hair loss and lice.
Lemon	Oily	Golden highlights, treats dry scalp, dandruff, lice, removes dirt and grime.
Marshmallow Root	Dry	Soothes scalp, moisturizes hair
Myrrh	Dry	Dry scalp, dandruff, and lice.
Patchouli	Oily	dandruff
Peppermint	Dry	Promotes hair growth, stimulates scalp, treats itching scalp.
Rose	Fine	Soothes scalp
Rosemary	Oily	Dark highlights, dandruff, promotes hair growth, hair loss and alopecia.
Sage	All types	Dark highlights, hair loss, stimulate hair growth, boosts hair health, dandruff.
Tea Tree	Oily	Dry scalp, dandruff, lice, removes dirt and grime.
Thyme		Stimulates hair growth, strengthens fragile hair, alopecia, and hair loss.
Yarrow	Oily	Astringent properties aids in cleansing hair and removing oily residue.
Ylang-ylang	Oily	Dandruff, hair loss, stimulates hair growth.

Use these oils in your hair care products or add 1-2 drops of essential oil to 2 Tbsp. shampoo and/or conditioner then wash and rinse. You can also apply 1-2 drops of essential oil to hands and massage into the hair and scalp before your shower; then shampoo and rinse as usual.