

HAIR LOSS

Main causes of hair loss are:

- Inflammation
- Mineral deficiency
- Hormonal imbalance
- Stress

The essential oils most effective in stopping hair loss and encouraging new hair growth are LAVENDER and CEDARWOOD. ROSEMARY.

Be sure to change your shampoo, conditioner and products to organic, natural products.
Massage LAVENDER and/or CEDARWOOD into the scalp morning and evening.

From Essential Oils Desk Reference, 5th edition:

Oils that have been helpful for many include CEDARWOOD, CLARY SAGE, EUCALYPTUS BLUE, FRANKINCENSE, JUNPER, LAVENDER, PALO SANTO, and PEPPERMINT. ROSEMARY, SANDALWOOD, MELROSE, MISTER.

Hair Loss Prevention Recipe #1

- 10 drops cedar wood
- 8 drops rosemary
- 10 drops sandalwood
- 10 drops lavender
- 1 drop juniper

Hair Loss Prevention Recipe #2

- 3 drops rosemary
- 5 drops lavender
- 4 drops cypress
- 2 drops clary sage
- 2 drops palo santo

Hair Loss Prevention Recipe #3

- 5 drops lavender
- 5 drops frankincense
- 3 drops eucalyptus blue
- 1 drop peppermint
- 2 drops clary sage

Application:

Use 5-10 drops of ONE of the blends and massage into scalp at night.

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