

# Basic Hair Care

What I want to address today is some simple, basic hair care tips to keep your hair looking its best. Our hair is an indicator of our health and the way we treat our hair. If you style, perm, blow dry, dye, etc your hair will show the beating it is taking. If you eat good foods and take good care of your health, your hair will show that care. Consider a cat. A healthy, active cat will have silky, smooth, healthy hair. If a cat is ill, one of the first things you will notice is that its coat has lost its gloss. An unhealthy cat doesn't take the time to clean its fur and clear out mats because it doesn't feel well. We can observe the same in humans. One of the best things you can do to keep your hair looking tip top is drink an ounce of Masaji a day, this will provide your body with many of the vitamins, minerals, enzymes, and nutrients that it needs to grow a healthy, vibrant head of hair. You may even want to apply a little Masaji to your hair so that those nutrients go directly to the hair follicles. Make sure you are using natural hair care products (this is a topic for another article) to ensure that you're not doing more damage than necessary to your hair as you strive to look your best. One of the scariest things I ever learned was that your hair is like a wick—it draws the things that are put on it or that it is around down that wick and into the brain. Ignore the shampoos, styling agents, perms, and dyes that many of us put on our hair and step back and look at the pollution in the air that our hair is exposed to everyday and it is frightening! Using essential oils to help protect our hair (and our brains) is vital!

Below are a few of the number one topics in hair (alphabetically):

## Body

- Cedarwood

## Dandruff

- Basil, Birch, Cedarwood, Cypress, Lavender, Lemon, Rosemary, Thyme (careful, this oil is a warm one), and Tea Tree have all been shown to assist in clearing up a dandruff problem

## Detangler:

- Thyme (a warm oil)

## Dry, brittle hair

- Birch, Geranium, Lavender, Rosemary, Sandalwood

## Fragile hair:

- Birch, Chamomile (Roman or German), Clary sage, Lavender, Sandalwood, or Thyme (a warm oil)

## Gray hair

- Make a cup of yarrow tea (using the herb), allow it to cool (you don't want to burn your scalp), and then use it as a rinse with your daily shower. Many people (even those with a full head of gray hair who originally had black hair) have reported that their hair returned to its original color doing this.

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### Greasy or oily hair

- Basil, Birch, Cypress, Lavender, Lemon, or Rosemary

### Hair loss

- Often a hormonal issue but, it can also be a mineral deficiency. Address your hormones using Venus essential oil blend by Be Young (women) or Mars essential oil blend by Be Young (men) and increase intake of Masaji. Remember, hair loss is normal. We humans shed on a cycle (like animals shed in the winter and fall), so how much hair is in your brush may not mean you are going bald, it could just mean that you are shedding. There are many other reasons for hair loss (I plan on addressing this in another article), but if you start with hormones and addressing mineral deficiencies you can often solve this problem. You can also use the Hairline essential oil blend by Be Young; it has shown fabulous results for those who had a receding hairline or Alopecia. Research with this formula has shown a 46% hair regrowth for those with Alopecia!

### Lighten hair

- Add one drop of Chamomile (either Roman or German) essential oil and one drop of Lemon essential oil to one quart of water. Use this as a rinse for your hair.

### How to use essential oils with your hair:

- Use internally (if you have an essential oil that can be used internally, such as Be Young brand). Put 2-3 drops of one essential oil or essential oil blend (don't mix them yourself) in a capsule, fill with carrier oil and take two times daily (with a meal).
- Use as a scalp treatment. Put 10-12 drops of essential oil or blend to one ounce of carrier oil, apply to scalp, wrap your head in a warm, damp towel, cover the towel (not your head) with plastic wrap to help keep the heat and moisture in as long as possible. Leave on until completely cool.
- Dump your bottle of Be Young Shampoo or Conditioner out into your blender. Add 15-25 drops of your essential oil or blend. Blend so that the essential oil is mixed into your shampoo or conditioner and then rebottle. Use in the shower as normal.
- Add 1-2 drops of essential oil to your shampoo or conditioner (as it's in the palm of your hand) before applying to your hair.
- Add 1-2 drops of your chosen essential oil to your hairbrush before brushing.

### Here are a few tips for making your hair look and feel special:

Rosemary essential oil is your hair's best friend. Some of the benefits associated with the use of Rosemary essential oil on your hair include:

- Stimulates the scalp promoting hair growth
- Prevention of dandruff
- Makes the hair shiny and strong
- Folklore teaches that it will help attract love

Every winter my hair would get dull and limp. This was due to the added pollution in the air and lack of sunshine. Then I began fixing myself a two ounce water spritzer with 6 drops of Lemon

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oil added to it. After each shower I would shake this bottle up and then spritz my hair, suddenly my hair didn't get the winter doldrums anymore.

If you want your hair to smell like your favorite essential oil or essential oil blend you can simply put a drop or two of your chosen essential oil in the palm of your hand, and then lightly run your fingers through your hair. You can also create a spritzer bottle like the one I mentioned above with your favorite essential oil and spray the scent on. Remember to shake the bottle first or the essential oil will all be sitting on the top of the water and not be on your hair.

To create your own shampoos with your favorite scent add 4 drops of your favorite essential oil to one ounce of baby shampoo. Note: citrus oils can cause photosensitivity, also remember that oregano and thyme oils are hot and always keep essential oils out of the eyes.

Dana's hair recipe:

(This recipe is also effective for dandruff, hair loss, and regrowth)

Take a bottle of Be Young shampoo, put in blender and add:

25 drops Peppermint

25 drops Rosemary

25 drops Lavender

5 drops Thyme

Mix together in the blender then pour shampoo back into bottle. Wash scalp daily with blended shampoo.

I hope I have helped whet your appetite for hair care. I know this is just the tip of the iceberg, but we had to start somewhere. Begin using essential oils in your daily hair care routine and you will find a whole new world of fun in hair care!

**To order, for class information, or if you have questions contact:**

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