

# Essential Oils for Hair Care



## What are Essential Oils?

Essential oils are natural oils extracted from plants through methods like distillation or cold pressing. They are highly concentrated and contain the essence of the plant's fragrance and properties. Essential oils are commonly used in aromatherapy, skincare, haircare, and for various health benefits.

## How to use Essential Oils?

To use essential oils for hair, you can add a few drops to your shampoo or conditioner, create a hair mask by mixing with a carrier oil, or apply directly to your scalp. Remember to do a patch test before using any essential oil to ensure you don't have an allergic reaction.

## Different Essential Oils that Benefit the Hair

### Lavender oil

Promotes hair growth, reduces dandruff, and has a calming effect on the scalp.

### Rosemary oil

Stimulates hair follicles, improves circulation, and helps prevent premature graying.

### Peppermint oil

Soothes the scalp, reduces itching, and promotes hair growth.

### Tea Tree oil

Antimicrobial properties help treat scalp conditions like dandruff and lice.

### Cedarwood oil

Balances oil production, promotes hair growth, and has a calming effect on the scalp.

