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Hair Loss Prevention With Aromatherapy

By Swetha Lodha Of MysticBoard.com



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Introduction

Hair loss is a persistent problem since the ancient ages. Men and women of almost all ages are being plagued by this problem till date. Causes of hair fall and hair loss are innumerable, the most common of all being the genetic problem.

The 'Archives of Dermatology' in Scotland did a thorough research on the hair loss problem and the ways of preventing the same. It was concluded by them that aromatherapy and its essential oils can go a long way to promote new and healthy hair growth. They believe it to be one of the safest and the most effective methods to treat temporary hair loss resulting from 'alopecia areata'.

Calculate Hair Loss Rate

The details about aromatherapy with regard to its effectiveness in curing or preventing hair loss are provided below. However, it is necessary to mention in this regard that a fun software in the name of MB Hair Loss Quiz Software (<http://mb-free-hair-loss-quiz.mysticboard.com/>) helps you calculate if you are at all going to lose all your hair, and if you do, this hair loss calculator will let you know the time by when you have chances to go bald. The calculations are based on the hair loss rate for each person.

Essential Oils for Hair Growth

The aromatherapy materials used to serve the purpose of preventing regular loss of hair take into account a number of various essential oils for hair growth. Some of the common beneficial essential oils for hair growth are:

1. Bay
2. Cedar wood
3. Grapefruit
4. Jojoba oil
5. Lavender
6. Lemon
7. Rosemary
8. Roman Chamomile

Ways Of Using Essential Oils For Hair Loss

Add 2 drops of any of the above essential oils either to water or to a good quality vegetable oil. Massage the mixture very well on your scalp followed by turban therapy i.e. wrapping you hair either in a plastic wrap or with a warm towel. Leave it in that manner for the next 2 to 3 hours, or even overnight. After that shampoo your hair as usual, using a mild shampoo. Take care that the sebum balance is not damaged.

Essential Oils for Hair

Essential Oils for Enhancing the Blood Circulation and Improvement of Hair Health

Prepare a blend of bay and lavender oils to enhance blood circulation and improve your hair health. 6 drops of both these oils need to be added to four ounces of a warm base oil such as almond, soybean or sesame oil. Massage it well into your scalp and allow your hair to absorb it for the next 20 minutes. For better result it is advisable to add 3 drops of bay oil to the shampoo that you use and wash off your hair with it.

Essential Oil Blend For Hair Growth

1. Thyme essential oil - 2 drops
2. Atlas cedar wood essential oil - 2 drops
3. Lavender essential oil -3 drops
4. Rosemary essential oil -3 drops
5. Jojoba oil - ½ teaspoon
6. Grape seed oil - 4 teaspoons

Take equal amounts of the first four essential oils in a small glass jar and mix them well. Then add the remaining two ingredients and mix them all thoroughly.

Massage this entire mixture well into your scalp for at least two minutes during the night on a regular basis. After applying it, wrap your head with a warm towel.

Effectiveness Of Aromatherapy

Effectiveness Of Aromatherapy In Treating Hair Loss

The high success rate of aromatherapy in the treatment of hair loss has been proved by the dermatologists of Scotland. In Scotland, 43 people suffering from patchy hair loss were given the blend of these essential oils. They were asked to massage the mixture into their scalp regularly. After seven months, the result showed - 19 out of 43 experienced hair re-growths by almost half of what they had lost before treatment; while 15 of them had almost all of their hair back and the rest also showed significant improvement in hair growth.

Apart from these basic essential oils, oils of arnica, lavender, rosemary or calamus also work wonders to stimulate healthy hair growth.

Aromatherapy Tools

MB Learn Aromatherapy Software

<http://www.mysticboard.com/mb-free-learn-aromatherapy>

MB Aromatherapy Dictionary Software

<http://www.mysticboard.com/mb-free-aromatherapy-dictionary/>

Conclusion

If you have a tendency of high blood pressure, avoid rosemary oil. It is also advisable that you keep the doses of lemon and grapefruit low if you have sensitive skin, as they may be slightly irritating.

While discussing aromatherapy, the principles of Bach Flower remedies become very much relevant. In fact the Bach flower remedies have also proved to be effective in reducing the rate of hair loss. You can try MB Bach Flower Remedies Software (<http://mb-free-bach-flower-remedies.mysticboard.com>) to know the right flower therapy for your problem of hair loss. This unique flower therapy software will also let you know the flower treatments for other health hazards if you suffer from any.

If you have any aromatherapy related query to make or if you want to share your views on aromatherapy, you can visit the Aromatherapy Forum on Mystic Board <http://www.mysticboard.com/aromatherapy>.

Author's Box

Swetha is the founder of Mystic Board Forum on www.mysticboard.com, has been interested in Aromatherapy for years. You can talk to her by joining the Aromatherapy Forum on Mystic Board at <http://www.mysticboard.com/aromatherapy>

Resources

MB Bach Flower Remedies Software

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MB Hair Loss Quiz Software

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