



DIY Rosemary-Lavender Hair and Scalp Treatment Recipe

Sarah-Jane's ahem not your usual hair stuff:

Not your typical recipe, though this one will feed your hair. Literally. I'm wary of most commercial shampoos and hair treatments for the harmful ingredients they contain and that my skin will absorb as easily as would my stomach. Besides, some of those ingredients tend to perpetuate the problem you're trying to fix. Your hair gets shiny and smooth only to become dryer and gain more dandruff once the effect wears off. Being a fan of natural lotions myself, I loved Allison's "recipe". Try it out and see how it works for you.

Got other natural hair, scalp and skin treatments you like? Post them in the comments below and let's do some sharing! I'd love to learn some of your tricks.

Skin is your largest breathing machine, governed by the metal element and associated with lung/ large intestine and related meridians including the brain. So if you are not breathing in life or letting go, your skin is often the first to get your attention to

look at that. I speak more about how to support your body systems according to traditional Chinese medicine in my “Self healing through the power of the 5 elements” home study program and in my private work with clients.

Just know for now, this is one way to support dry scalp and hair but unless you get to the root cause of why you have the problem this won't be enough and as you know I am into big lasting changes not band aids.

Anyhow to get to the purpose of this nurturing treatment because well, no one likes white flakes on their shirt, right?

I am embarrassed to admit that I have had a problem with this over the years when I was going through a lot of grief release or not letting go like I should of people and things giving me grief my skin tells me to get at it. When my skin is dry or even when I eat poorly my hair will get dandruff.

I am not a fan, so I have been hunting for a DIY hair and scalp treatment that works for me. I finally stopped searching and came up with one myself using therapeutic-grade essential oils and the ever hydrating coconut oil.



DIY Rosemary-Lavender Hair and Scalp Treatment Recipe

Ingredients:

- 12 drops therapeutic-grade rosemary essential oil
- 6 drops therapeutic-grade lavender essential oil
- 1 cup organic extra-virgin coconut oil
- 1 glass jar

Procedure

1 Melt coconut oil over low heat on the stove

2 Remove from heat once melted and add all remaining ingredients

3 After letting it cool for a few minutes, you can use it right away or store for future use.

4 Store in glass container in a cool, dry place.

For best results: Let sit on your hair for an hour with a shower cap over it to protect your clothes and furniture. Then take a shower and wash with your regular shampoo twice. Depending on the thickness of your hair you might use all of the above or if you have fine hair like I do then only use half of the recipe at first.

Tip: If you are having issues with hair loss you may want to consider adding 3 drops of cedarwood to the above formula.

Why these oils?

Rosemary essential oil is distilled with steam from the leaves of the plant. It is an oil that helps protect our liver, which is vital for our ultimate health. Plus, it has anti-fungal and antibacterial properties that help fight skin issues like dandruff.

Lavender essential oil is another favorite of mine. It's distilled from the flowers that come up from the plant. Not only is it relaxing, but it is also great for your skin due its anti-fungal and anti-septic properties.

Coconut oil is my favorite! It is a natural antibacterial and because it has medium chain fatty acids it is easier for our bodies to digest. I love coconut oil for not just my kitchen, but it is also a staple beauty product and in many of my homemade bath products. I use it as my lotion and makeup remover! The uses are endless and to give you more ideas read [this article](#) on Dr. Mercola's website. Make sure you buy coconut oil that is the following: organic, extra-virgin and cold-pressed. In addition, I rotate this recipe with an apple-cider vinegar rinse! It really does wonders.

What are your natural hair secrets?