



# Parsley

*Petroselinum crispum*

- **Rebuilds hair. Moisturizes** dry hair & scalp. Adds **luster**.
- **Stimulates growth.** Anti-inflammatory.
- Contains essential vitamins, all amino acids & antioxidants.
- A great fresh hair rinse. Add lemon or lime as a boost if hair is oily.

Boil fresh parsley in water for 20 minutes. Strain and cool. Apply to hair and leave-in 1 hour. Rinse.





# Nettle

*Urtica dioica*

- Improves **circulation**. Promotes fuller, softer, shinier hair. Great for **oily hair** and **dandruff**.
- **Strengthens**. Prevents hair loss.
- Rich in minerals and plant hormones.

Use fresh leaves as a hair rinse. Add to boiled water. Cover and steep 30+ minutes. Apply to hair and massage into scalp for 5-30 minutes. Rinse.





# Rosemary

*Rosemarinus officinalis*

- For **regrowth** and **circulation**.
- Antioxidant and anti-inflammatory.
- Rich in vitamins A, B6, C, iron and calcium.

Use fresh or dried leaves with apple cider vinegar as a hair rinse. Use dried leaves with water as a hair rinse. Make a rosemary hair oil decoction.





# Peppermint

*Mentha x piperita*

- For **regrowth and circulation.**
- **Promotes longer, fuller hair.**

Good for oily or dry scalp.

Use fresh or dried leaves infusion as a topical hair treatment. Use the essential oil diluted with a carrier oil on the scalp.





# Sage

*Salvia officinalis*

- Antioxidant and antibacterial. Great for **scalp dryness**.
- Estrogen-like properties for hormonal hair issues.
- **Soothing** to scalp. **Adds shine**.

Use fresh or dried leaves infusion as a hair rinse.  
Use the essential oil diluted with a carrier oil on the scalp.





# Horsetail

*Equisetum spp.*

- Silica **strengthens** and **protects** by binding to hair proteins
- Rich in minerals. Adds **shine** and **softens**.

Use fresh infusion as a hair rinse. Drink the tea infusion.  
Use the essential oil in shampoo.





# Ashwaganda

*Withania somnifera*

- Improves the **scalp's grip** and **strengthens roots**.
- Reduces stress and cortisol levels.
- Antioxidant. Increases melanin and circulation.

Ingest the powder, capsule or tea. Use the dried powder as a hair treatment





# Garlic

*Allium sativum*

- Vitamin C, selenium, allicin and sulfur **boost circulation** and **nourishes**.
- Antimicrobial and antifungal.

Use raw garlic or garlic-infused oil as a topical hair treatment.





# Onion

*Allium cepa*

- Contains sulfur, a hair **building block**.
- Improves **circulation**. Antibacterial.
- Rich **nourishment** for follicles

Use raw onion juice or tincture as a topical hair and scalp treatment.





# Hops

*Humulus lupulus*

- Adds **shine**. Reduces **dandruff** and **itch**.
- **Normalizes sebum** production
- Inhibits 5a-reductase found in alopecia;  
**hair growth** results on par with minoxidil.
- Rich in vitamins and amino acids

Use fresh or dried flowers as a hair rinse or treatment.





# Comfrey

*Symphytum officinale*

- **Soothes** and **stimulates** the scalp.  
**Softens** hair / silky
- Great for oily hair

Use fresh or dried roots and leaves as a hair rinse.



# Fenugreek

*Trigonella foenum-graecum*

- Reduces **hair loss** due to hormonal imbalances or menopause.
- Controls **scalp sebum & dryness**.
- Stimulates **blood flow** to roots.
- **Conditions** and **moisturizes**. Anti-inflammatory, anti-dandruff.
- **Nourishes** and **strengthens follicles**.
- Adds **shine**, tames **frizz** & **smooths**

Use oil infusions on scalp, or soak seeds overnight, add to the blender to create a hair mask.





# Thyme

*Thymus vulgaris*

- Mineral-rich with Antioxidants and phytochemicals.
- Treats **dandruff**
- Treats **alopecia** and slows **hair loss**
- Adds **shine**.

Use tea as a hair rinse for dandruff. Combine thyme and lavender essential oils as a hair growth scalp tonic.  
Always dilute essential oils!





# Hibiscus

*Hibiscus sabdariffa*

- Thickening effect: enhances waves and curls.
- Multi-tasker reduces inflammation, adds shine.
- May stimulate dormant hair follicles.
- Darkens reds if used with henna

Use tea as a hair rinse or mix powder to paste as a hair mask.





# Flax Seed

*Linum usitatissimum,*

- Rich in omega 3's, mucilage & complex polysaccharides that form a soothing gelatinous mix with water.
- A good **styling gel** to set curls and waves.
- **Detangles.** Strengthens against **split ends.**

Cook or soak seeds with water to create a styling gel or hair treatment mask.





# Aloe Vera

*Aloe barbadensis*

- **Moisturizes** hair and scalp.
- **Exfoliates** debris on scalp.
- Enhances texture.
- Eliminates **itching**.
- Reduces inflammation & **soothes** scalp.
- An excellent addition to DIY styling.

Use the inner gel on scalp and hair.

