



Herbal Hair Care 101

All hair types welcome

NaturalHaiRevolution.com




PLANTS
CLAYS
MUSHROOMS



What is Herbalism?

The study and use of medicinal plants for healing, aka "Plant Medicine."

A holistic approach to health

A photograph showing aloe vera leaves being prepared on a wooden cutting board. A wooden bowl in the background contains more aloe vera leaves. A semi-transparent white box with the text 'Why use herbalism for hair care?' is overlaid on the image. The text is in a bold, black, sans-serif font.

Why use herbalism for hair care?

better results

overall health

cost savings

sustainability

lifestyle

empowerment

Using Plant Medicine

as part of a holistic hair care routine

eat + drink + smell herbs

buy clean shampoos,
conditioners, clays, etc.

make plant medicine

amend clean products to fit
your needs



How to Make Plant Medicine



HERBS



KNOWLEDGE



MENSTRUMM



PANS



GLASS JARS

SEPARATE UTENSILS, GLASS & CERAMIC BOWLS, ETC.

A close-up photograph of fresh rosemary sprigs. The green, needle-like leaves are densely packed and appear to be resting in a light-colored wooden mortar. The background is a rustic, weathered wooden surface. The lighting is bright, highlighting the texture of the leaves and the grain of the wood.

Rosemary

- For regrowth and circulation
 - Antioxidant
 - Anti -inflammatory.
 - Vitamins A, B6, C, iron, calcium
 - Treats hair loss
 - Strengthens roots
-

Density

Density Line

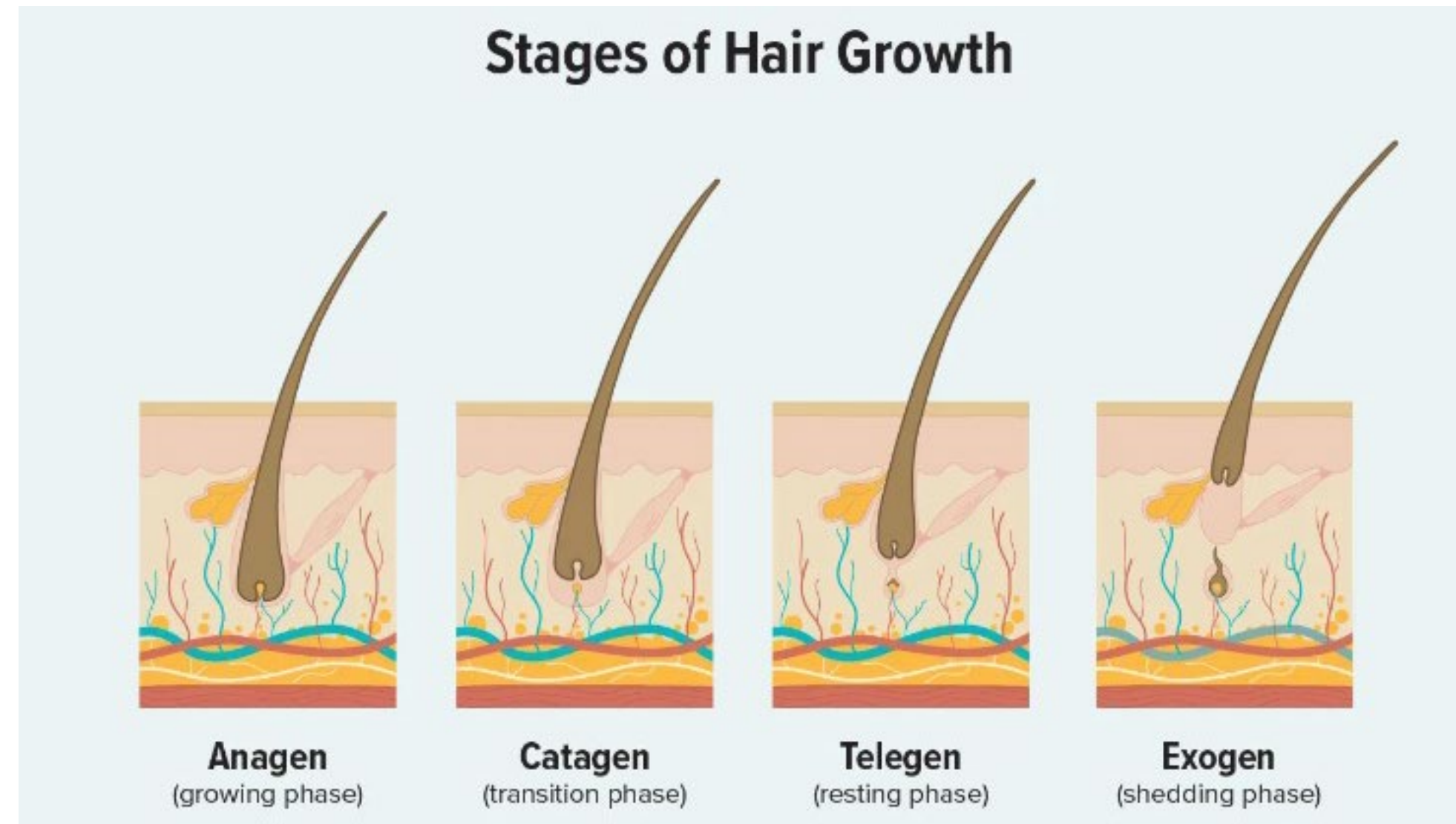


Thickness

Thickness Line



Hair Growth Cycle



1. Growing: 2-5 or 7 years

85 – 90 % of your hair. Can determine hair length.

2. Transition

10 days. Hair follicle shrinks and detaches

3. Resting

3 months (about 10-15% of hair)

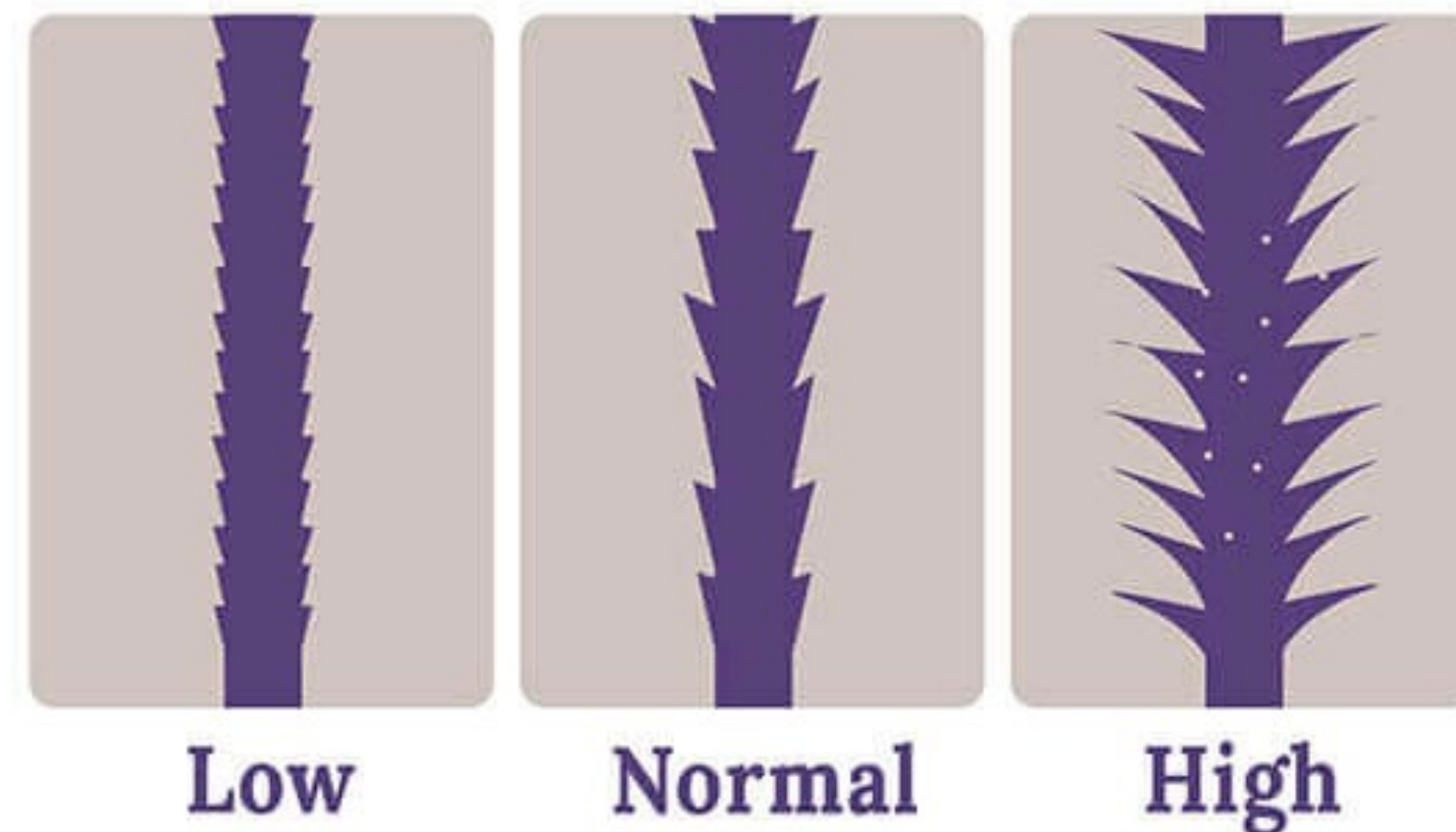
4. Shedding & New Hair

2-5 months. Old hair sheds, new hair emerges.

Hair Porosity

ABILITY TO ABSORB & RETAIN MOISTURE

- **Low Porosity** – the hair cuticle is flat and tight, making it difficult for water and products to absorb inside. Takes longer to saturate and fully dry. Products may sit on the hair; not absorb.
- **Medium** (mid-range) – cuticle is slightly raised. (Easiest to manage, requires less maintenance)
- **High** - cuticle is raised and extremely porous, products and moisture get in easily – and escape easily. (Can be a sign of damage.) Dries fast, may be brittle and breakage-prone.



Key Herbs

Nettle

Urtica dioica

Improves circulation

Adds shine

Great for oily hair & dandruff

Rich in minerals & plant hormones

Rosemary

Rosmarinus officinalis

Increases circulation and growth

Parsley

Petroselinum crispum

Nutrient rich – rebuilds hair

Moisturizes and adds luster

Known to stimulate growth

Amla

Phyllanthus emblica

Darkens color

Adds texture

Protects curl pattern

Vitamin C

Thyme

Thymus vulgaris

Mineral rich

Phytochemicals

Treats dandruff

Treats alopecia / slows hair loss

Adds shine

Peppermint

Metha x piperita

Increases circulation. Promotes growth.

Cassia

Cassia Auriculata

Neutral/slight blond molecule

Shine / smooths hair

Rosemary Medicine

O I L

- Smells edible
- Stimulates growth, stops shedding, increases size (thickness) and number of hair follicles
- Boosts circulation.
- Nourishes & strengthens hair
- Variety of antioxidants
- Polyphenols
- Blocks conversion of DHT
- Reduces scalp yeast and bacteria (acne, dandruff)
- Lipids, fatty acids

W A T E R

- Smells drinkable
- Stimulates growth, stops shedding, increases hair follicles, reduces frizz, darkens hair, shine, clarifies, scalp buildup
- Tannins (smoothing)
- Saponins (cleansing)
- pH balancing (seal cuticle)
- Astringent qualities
- For oily hair and scalp

E S S E N T I A L O I L

- Smells medicinal.
- Aromatic compounds
- Must dilute ~1/2 cup to 1/2 tsp
- Extends shelf life for hair and skincare products.

Rosemary Oil Recipe

SUPPLIES

- Stainless steel pot and lid
- mason jar and lid
- Metal strainer, cheesecloth or muslin
- Glass dropper bottle

INGREDIENTS

- Dried Rosemary - 3/4 cup
- MCT, fractionated Coconut oil - 1/2 cup -
- Castor Oil - 1/2 cup - modulates growth cycle, unique fatty acid that nourishes
- Vitamin E - 1 tsp antioxidant, stabilize fats (shelf life)



Rosemary Oil

INSTRUCTIONS

- Add Rosemary to pan
- Add oils
- Heat low to medium. Don't scorch <math><110^{\circ}</math>
- Turn off heat, stir & cover
- Repeat in one hour
- Repeat 4-6 times
- Rosemary turns golden yellow & fragrant
- Cool to room temperature with lid off
- Pour into glass jar
- Store cool dark place for 2 weeks.
- Shake every few days
- Strain the oil & pour into glass.



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- Must dilute 1/2 cup to 1/2 tsp
- Preservative for hair and skincare

Key Herbs

Hibiscus

Shine / smooths
Enhances existing curl
Thickening effect
Stains / darkens henna
May stimulate dormant follicles

Ashwaganda Root

Withania somnifera
Increases DHEA synthesis (antioxidant)
Regulates cortisol
Circulation and nutrient delivery
(dilates blood vessels)
Melanin stabilizer

Hops

Humulus lupulus
Normalizes sebum production
Inhibits 5a-reductase (alopecia)
Growth on par with minoxidil
Nutrient rich

Aloe Vera

Aloe barbadensis
Moisturizes hair and scalp
Exfoliates debris on scalp
Increases DHEA synthesis (antioxidant)
Enhances texture
Reduces inflammation significantly
“Plumps” the hair

Horsetail

Equisetum spp
Silica strengthens & protects by
binding to hair proteins
Adds shine
May add body to straight hair





Ultimate Hair Routine

1. Cleanse

Remove dirt, excess oils (don't strip), slightly open cuticle

Clays, bars, oils, clean sulfate-free shampoo

2. Rinse or Oil

Add nutrients & moisture

Rinse: Rosemary, hops, basil, nettle, etc.
Oil: argan or marula

3. Condition

Smooth, soften, detangle, close cuticle. Add moisture or protein.

Amend commercial product

4. Leave-in

Amp-up conditioner & prep for styling

Amend commercial product or herbal rinse for oily hair

5. Seal

Seal in moisture and nutrients

Flax seed gel for curlies
Argan oil for straight hair

6. Style

Air dry, braid, twist, diffuser



Clay Cleanse Recipe

- Bentonite Clay
- Apple cider vinegar
- Amla & neem powders



Apple Cider Vinegar Rinses

Herbal Blends by Rosemary

Gladstar

Blond

- 2 pt calendula
- 1 pt chamomile
- 1 pt comfrey

Dark

- 2 pt garden sage
- 1 pt black walnut hull (chopped)
- 1 pt comfrey

Dry Hair

- 1 pt calendula
- 1 pt marshmallow
- 1 pt nettle leaf

Oily Scalp

- 1 pt rosemary
- 1 pt witch hazel (not extract)
- 1 pt yarrow leaf and flower

1. Fill quart jar halfway with herbs
2. Cover with vinegar
3. Infuse for 3-4 weeks in a warm spot
4. Strain
5. Add essential oils

Before washing hair, dilute the rinse with distilled water:

Oily hair - 1 pt rinse: 4 pts water

Dry hair - 1:6



Henna Treatments

Lawsonia inermis



Source: Ancient Sunrise Facebook Group:
<https://www.facebook.com/groups/ancient.sunrise>



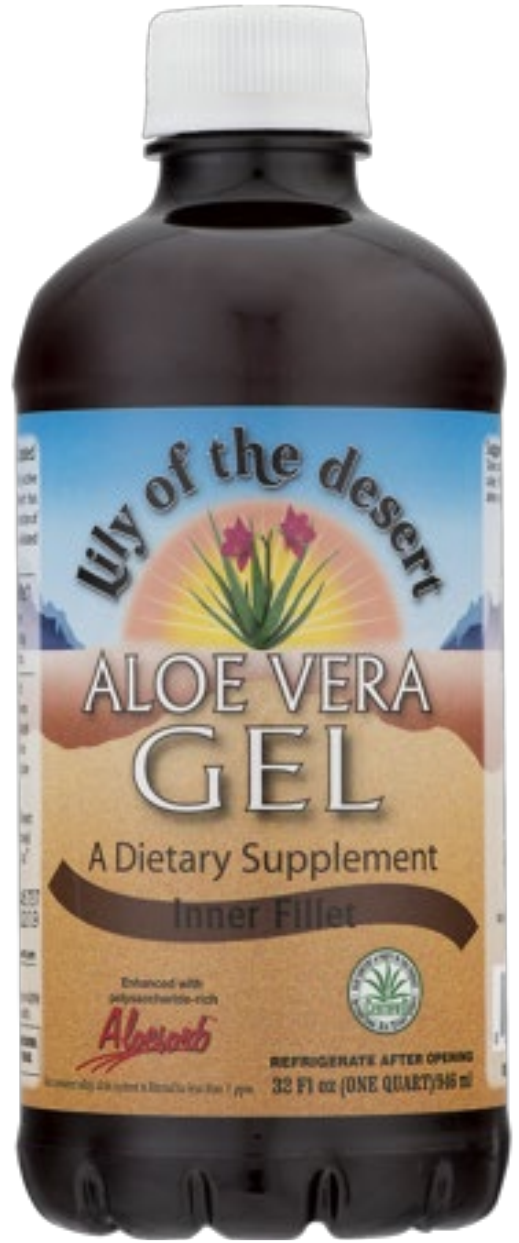




Exfoliate



Apply Aloe Vera gel to roots and hair.





Scalp Massage

1. Massage GENTLY
2. Start at the hairline and work your way back
3. Spend 3 to 10 minutes
4. Bend over at the waist to boost circulation
5. Use a serum to boost results



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Use code:
HERBALISM101
to receive \$10 off Long Hair
Scalp Serum No. 10 in the store
at NaturalHaiRevolution.com