

Oils for Normal Hair

Normal hair is neither greasy nor dry, has not been permed or colored, holds its style and is usually shiny.

These oils are best for **normal hair**:

- [Lavender Essential Oil](#)
- [Rosemary Essential Oil](#)
- [Lemon Essential Oil](#)
- [Geranium Essential Oil](#)
- [Cedarwood Essential Oil](#)
- [Thyme Essential Oil](#)
- [Clary Sage Essential Oil](#)

The best base or carrier oils to use are jojoba, almond or borage.

Oils for Dry Hair

Dry hair looks dull, tangles easily and can become easily split at the ends. Therefore, we want essential oils for hair that stimulate the sebaceous glands in the scalp to produce more oil!

Use these oils:

- [Lavender Essential Oil](#)
- [Rosemary Essential Oil](#)
- [Sandalwood Essential Oil](#)
- [Geranium Essential Oil](#)

The top base or carrier oils to use are almond, sesame, jojoba, borage, cocoa butter or avocado.

Oils for Oily Hair

Oily hair looks greasy and these oils are are best for oily hair.

- [Lavender Essential Oil](#)
- [Rosemary Essential Oil](#)
- [Lemon Essential Oil](#)
- [Peppermint Essential Oil](#)
- [Cypress Essential Oil](#)

The top base or carrier oils are sesame, jojoba and borage.

Oils for Occasional Flakiness

Essential oils may be very effective in minimizing occasional flakiness.

Here are some others:

- [Rosemary Essential Oil](#)
- [Melaleuca alternifolia Essential Oil](#) or Tea Tree oil.
- [Lemon Essential Oil](#)
- [Lavender Essential Oil](#)
- [Cedarwood Essential Oil](#)
- [Thyme Essential Oil](#)

The top base or carrier oils to use are jojoba and borage.

Did you know that most shampoos, hair and skincare products on the market contain **synthetic materials** that create many of our hair, scalp and skin challenges?

Here are a few examples -

- **Propylene Glycol** - may causes dry skin and skin irritation.
- **Sodium Lauryl Sulfate or Laureth Sulfate** - surfactant that may corrode hair follicles
- **Oleyl betaine** - may cause dry hair and scalp.
- **Mineral oils** - petroleum products clog pores! Yes, the molecule is too big to be absorbed by the skin.

So, **check** your labels, you may be surprised! If your shampoo has a pH between 4 and 6 and doesn't have synthetic compounds it's supportive to healthy hair growth.

How our hair looks, feels and grows can be affected by:

- What we **put** on it (synthetic chemical based shampoos, conditioners, gel, etc)
- What we **eat and drink** (good for body=good for hair)
- What we **do** (swimming in chlorinated pools, using hair dryer, etc)
- Quality of our **shower water** (Use a [shower filter](#) for best results to remove fluoride, chlorine, iron oxides ("rust water"), reduce harmful VOCs and other contaminants.)
- Genetics (what are parents passed down to us)
- The quality of our [sleep](#)
- Our ability to release and manage our [stress](#) level and More!