

HAIRCARE FOR DRY AND DAMAGED HAIR

by Penny Keay

Treating Dry Hair using natural products

The hot summer sun, wind, coloring and especially bleaching, hair dryers and blowers, curling or straightening irons can all cause damage and drying to the structure of your hair.

Many of us would like to try natural products or home remedies to avoid the chemicals found in commercial products that might not help but make the situation worse.

There are a few essential oils that will stimulate your body's production of the natural oils from the sebaceous glands to help restore hair to its' natural oiled condition.

Using [Geranium](#), [Lavender](#), or [Juniper](#) will help to stimulate your sebaceous glands. So adding these to your shampoo (one or any combination) will help.

Other oils that can also help your dry and damaged hair include: [Carrot seed](#), [Cedarwood](#), [Frankincense](#), [Myrrh](#), [Palmarosa](#), [Peppermint](#), [Sandalwood](#), [Thyme](#), and [Vetiver](#).

Again, adding a drop or two to your shampoo or conditioner can help. Another method is to add a drop to your brush and brush through your hair.

Dry or Damaged Hair

[Cedarwood](#) - 1 drop

[Clary Sage](#) - 3 drops

[Geranium](#) - 1 drop

[Lavender](#) - 1 drop

[Rosemary](#) - 3 drops

[Jojoba Oil](#) - 1 tablespoon

[Almond Oil](#) - 1 tablespoon

Mix the essential oils in 1 tablespoon [Almond Oil](#) and 1 tablespoon [Jojoba Oil](#).

Massage blend into dry hair and scalp. Wrap head in towel and relax for an hour. [Shampoo](#) with mild or [unscented Shampoo](#) and then rinse well.

Alternative method is to add a few drops of the above oils to your shampoo and use on a regular basis.