

# ROSEMARY ESSENTIAL OIL FOR HEALTHIER, THICKER HAIR

*Rosmarinus officinalis*

BENEFITS, USES, SAFETY + RECIPES!



## WHAT THE RESEARCH IS SAYING

**Studies are showing that rosemary essential oil is effective at increasing hair growth by as much as 44%!**

- effective against two types of alopecia with six to seven months of regular use
- just as effective as the active ingredient *minoxidil* in popular prescription and otc hair loss treatments

(Hay, Jamieson, & Ormerod, 1998)  
(Panahi, Taghizadeh, Marzony, & Sahebkar, 2015)



ACCORDING TO THE NATURAL MEDICINES DATABASE,

“Preliminary clinical evidence shows that rosemary oil, in combination with lavender, thyme and cedarwood oils, applied topically to the scalp improves hair growth in some patients. This combination was massaged into the scalp for a minimum of 2 minutes, followed by wrapping the head in a warm towel, every night for 7 months. Improvement in hair growth was seen in 44% of patients receiving the active treatment, compared with 15% of those receiving placebo.”

(Therapeutic Research Center, 2016)



AND IN THIS STUDY,

**Rosemary oil vs minoxidil 2%  
for the treatment of  
androgenetic alopecia: a  
randomized comparative trial,**

“both groups experienced a  
significant increase in hair  
count at the 6-month endpoint”

“[providing] evidence with  
respect to the efficacy of  
rosemary oil in the treatment  
of AGA.”

(Panahi, Taghizadeh, Marzony, &  
Sahebkar, 2015)

# ROSEMARY (*ROSMARINUS OFFICINALIS*) ESSENTIAL OIL

from the Latin *rosmarinus* meaning "rose (or dew) of the sea"

**Family:** Lamiaceae

**Common Names:** common rosemary, camphor rosemary, compass plant

**Global Sources:** native to the Mediterranean, available from similar climates around the world

**Four Primary Chemotypes** (depending on geographic region): cineole, camphor, verbenone, and myrcene

**Steam distilled** from the fresh or partially dried plant, preferably the flowering tops

(Petersen, 2016)

# THERAPEUTIC ACTIONS AND BENEFITS

## OF ROSEMARY ESSENTIAL OIL

- **stimulant** - increased circulation encourages hair growth for thicker hair
- **potent antiseptic, antibacterial, antifungal** - suppresses growth of fungus and bacteria that can cause dandruff, itchy scalp, and irritation
- **analgesic** - relieves pain
- **antidepressant** - uplifting mood and concentration boosting properties
- **antioxidant** - minimizes free radical damage, supports the immune system and protects cells

(Petersen, 2016) (Keville & Green, 1995)



Rosemary *Rosmarinus officinalis*  
Lamiaceae (Labiatae) Flowers by D.-R.  
D. Luria

# SAFE USE OF ROSEMARY ESSENTIAL OIL

**Generally Recognized As Safe**  
(GRAS) by the FDA

**Not for young children.** May be toxic for babies and children under the age of four if inhaled.

**Not for use during the first trimester of pregnancy** due to camphor content.

(Petersen, 2016) (Therapeutic Research Center, 2016)

A wooden mortar and pestle containing fresh rosemary and lavender herbs. The rosemary is on the left, and the lavender is on the right. The text is centered in a white box over the mortar.

WAYS TO APPLY  
ROSEMARY ESSENTIAL OIL  
FOR YOUR HAIR



HAIR / BEARD OIL

DRY SHAMPOO HAIR POWDER

HAIR RINSE

ADD TO YOUR SHAMPOO OR CONDITIONER



HERE ARE 3 RECIPES  
FOR INSPIRATION...

# CEDAR & HERB HAIR / BEARD OIL

## INGREDIENTS:

- 1 oz combined base oils (choose argan, jojoba, grapeseed, or other hair pampering natural oils)
- Base oils may be infused with herbs for additional potency
- add 18-20 drops essential oils per ounce of carrier oil (7 drops cedarwood, 4 drops rosemary, 4 drops lavender, 3 drops patchouli)

## TO USE:

- massage a small amount into scalp / underlying skin daily
- use as a hot oil treatment. Apply warm oil to scalp and hair, allow to remain 30 minutes to overnight before washing out.

# ROSEMARY LAVENDER DRY SHAMPOO / HAIR POWDER

## INGREDIENTS:

- 1 cup organic arrowroot powder
- ½ cup cornstarch
- ¼ cup baking soda (optional)
- 1 T bentonite clay (optional)
- 15 drops rosemary essential oil
- 15 drops lavandin (stimulating) or lavender (relaxing) essential oil (Petersen, 2016)

## TO USE:

Apply powder to roots and scalp, massage in and then shake out the excess. Brush and style as usual.

May be used to control natural oils, lengthening the time necessary between shampoos.

For darker hair, add a little cocoa powder.

For more dry shampoo recipes check out [this post from Wellness Mama.](#)

# ROSEMARY & APPLE CIDER VINEGAR HAIR RINSE

## INGREDIENTS:

- 1 cup water + 2-4 tablespoons organic apple cider vinegar (less ACV for dry hair, more for oily hair or dandruff) ([Leonard, 2016](#))
- essential oils (3 drops rosemary, 3 drops cedarwood, 1 drop clary sage)

## TO USE:

Apply after shampooing, drenching hair from root to tip. Allow to work for 1-3 minutes before rinsing. Repeat up to 1-2x per week.

## **Apple Cider Vinegar (ACV) has these added benefits for your hair:**

Natural detangler, normalizes hair and scalp pH, adds body and shine, reduces frizz, prevents dandruff, and may even further help stimulate hair growth and stop hair loss!

([Leonard, 2016](#))

For more on the benefits of apple cider vinegar for hair loss, check out [this post from LiveStrong.com](#)

# ROSEMARY ESSENTIAL OIL ALSO BLENDS WELL WITH...

Bay (*L. nobilis*)

Cedarwood (*J. virginiana*)

Lemon (*Citrus limonum*)

Lavender (*Lavandula angustifolia*)

Lavandin (*Lavandula intermedia*)

Peppermint (*Mentha x piperita*)

# RESOURCES

Friedman, D. (2015, April 2). Benefits of apple cider vinegar for hair loss. Retrieved November 27, 2016, from <http://www.livestrong.com/article/277319-benefits-of-apple-cider-vinegar-for-hair-loss/>

Hay, I. C., Jamieson, M., & Ormerod, A. D. (1998). [Randomized trial of Aromatherapy: Successful Treatment for Alopecia Areata](#). Archives of Dermatology, 134(11), 1349-1352. doi:10.1001/archderm.134.11.1349

Keville, K., & Green, M. (1995). [Aromatherapy: A complete guide to the healing art](#). United States: Crossing Press, U.S.

Leonard, J. (2016, February 10). 10 reasons to wash your hair with apple cider vinegar + how to do an ACV hair rinse. Retrieved November 27, 2016, from Natural Beauty, <http://www.naturallivingideas.com/wash-hair-with-apple-cider-vinegar-rinse/>

# RESOURCES, CONTINUED

Panahi, Y., Taghizadeh, M., Marzony, E., & Sahebkar, A. (2015). Rosemary oil vs minoxidil 2% for the treatment of androgenetic alopecia: A randomized comparative trial. *Skinmed.*, 13(1), 15–21. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/25842469>

Petersen, D. (2016). *AROMA 101: Introduction to Aromatherapy*. Portland, OR: [American College of Healthcare Sciences](#).

Therapeutic Research Center. (2016). *Rosemary Professional Monograph*. Retrieved November 27, 2016, from Natural Medicines Database, <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=154>