

Simple Guide to Hair Health with Herbs

Adding fresh herbs is the most nourishing and radical thing you can do for your hair. Often free and packed with nutrients, some are great to take internally as well!

Nourishing herbs can be used for different purposes, i.e for overall hair health, detangling, cleansing, and to treat scalps or hair growth issues.

Cleansers

Conkers – Soapnuts – Shikakai – Birch (**Saponins**)

Witch Hazel – Cleavers – Yarrow – Rose – Green Tea (**Astringents**)

Henna Leaf Powder and Rhassoul Clay are also great cleansers.



For Greasy Hair

- Yarrow -
- Witch Hazel -
- Watercress -
- Thyme -
- Rosemary -
- Lemonbalm -
- Citrus Fruits -
- Cleavers -

For Conditioning & Dry Scalps

- Oats - Irish moss - Slippery Elm -
- Marshmallow - Mullein - Burdock - Flax -
- Fenugreek - **CONDITIONERS**

- Yucca Root - Rose - Plantain - Nettle -
Mullein - Hops - Elderflower - Comfrey -
- Calendula - Nasturtium -
DRY SCALP RESCUE



Strengthen & Shine

- Horsetail - Henna - Hibiscus -
- Rice - Rosehip - **STRENGTHEN**

- Nettle - Amla - Chamomile - Dandelion -
Elderflower - Seaweeds - Shikakai - **SHINE**



For Thinning & Loss

- Tulsi - Sage -
- Rosemary -
- Nettle -
- Licorice -
- Horsetail -
- Green Tea - Nasturtium -
- Ginger - Horseradish -

