

HEAD OIL MASSAGE FOR HAIR & SCALP HEALTH

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1. **Precaution:**
Oils are highly potent, do not use with babies, young children or in pregnancy.
2. **Benefits:**
Hair and scalp are well conditioned. Oils can penetrate deeply into the hair shaft to strengthen the hair. Oils are absorbed through the scalp into the bloodstream and circulation where they will work their benefits through the whole body.
3. **Mixing Oils:**
Use 2 drops of essential oil to every 10 ml (2 tsp) carrier oil for short hair;
15 ml (1 tbsp) for medium hair;
30 ml (2 tbsp) for long hair.
4. **Treatment Frequency:**
Once a week.
5. **Duration:**
Leave the oils on for a minimum of 30 minutes to up to 12 hours or as long as possible.
6. **Method:**
First mix the carrier oils well in a mixing bowl then add the essential oils to mix well again. Apply the mixture of oils to scalp and hair with self-massage to the head. Use a shower cap or towel to trap body heat and help the oils sink further into the hair and scalp. To remove oils, massage plenty of shampoo well into hair at least two times before applying water. Wash and rinse normally. Shampoo again and rinse out as usual.
7. **Recipes for different treatments:**
 - **Normal Hair**
Carrier oils: Almond, coconut, jojoba.
Essential oils: rosemary, lavender, geranium.
 - **Oily Hair**
Carrier oils: sweet almond, sesame, jojoba.
Essential oils: rosemary, lavender, sandalwood, lemon.
 - **Dry or chemically-treated hair**
Carrier oils: sesame, coconut, jojoba, almond.

Essential oils: lavender, rosemary, geranium, sandalwood.

- **Dandruff & itchy scalp**

Carrier oils: jojoba, olive, coconut, sweet almond.

Essential oils: rosemary, lavender, eucalyptus, geranium.

- **Thinning hair**

Carrier oils: sesame, olive.

Essential oils: Rosemary, lavender, geranium.

- **Head lice (nits)**

Carrier oils: 30 ml coconut and/or almond.

Essential oils: 9 drops of each:

Lavender, geranium, and eucalyptus.

* Leave the oils in for at least 4 hours or overnight. This mixture of oils is for 3 separate applications. Store the remaining oils in a sealed dark glass bottle for up to 12 months.

8. Reference:

- *Mind-blowing Head Massage* by Francesca Rinaldi.