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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Aromatherapy To Promote Hair Growth**

**By Mary Smith**

It is common to find ads in the back of fashion magazines claiming hair growth as the result of the use of certain hair creams. They show a gorgeous woman with thick and luxurious knee-length hair cascading over her shoulders. For some women, however, having long lavish hair is constantly out of reach. There are many causes why some women's hair is slow growing or worse, falling out. It may be caused by stress, medications, hormonal changes, Alopecia, or other undiagnosed medical conditions.

It is estimated that one normally sheds approximately 100 hairs per day. If you suddenly notice significant hair loss and you are unsure of the cause, you should immediately contact your health care professional. This may be an indication of a serious medical condition.

After you have ruled out any significant medical condition, you can turn to various aromatherapy Herbal treatments to not only nourish, but also stimulate, the hair follicles and help promote healthy hair growth. One way is to make an aromatherapy infusion that you apply directly to your hair, another is to create a hair and scalp massage oil. An additional hair treatment is made by adding herbal essential oil to your shampoo or conditioner. This is a very simple way to create a wonderful product that works wonders on your hair.

Essential oils are concentrated and care should always be taken care when handling them. It is necessary to add only one or two drops to your conditioner or carrier oil to create a product that is safe and gentle to your skin. Due to the risk of skin irritation, it is recommended to test a small amount in an inconspicuous place before using.

Basil is a beneficial herb that stimulates and promotes hair growth. One can easily make one's own Basil hair oil to massage into the scalp. When treating the hair, one should not discount the importance of scalp massage. The first step to a wonderful hair growth scalp massage is to take the massage oil and warm it in your hands. Then, sit in a chair with one's head flipped over. Using the fingertips, begin at the nape of the neck, working little circles of the oil into your scalp. Using a circular motion, continue working up the scalp. This massage promotes healing, health, and improves scalp circulation which, in turn, promotes hair growth.

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Finally, finish by using an all-natural boar bristle brush to brush the hair. This aids in even distribution of the oil from the roots to the tips. Remember, a little oil will go a long way, you may want to begin with a small amount and add more, if needed. In order to add shine and sheen or if your hair is dry, you may want to keep the oil in your hair for extra conditioning. If you tend to have oily hair, you may prefer to wash your hair following your scalp massage. If you plan to wash your hair afterwards, it is ideal to perform the scalp massage immediately before showering.

Mary Smith writes for several web site magazines, including

<http://easy-healthy.com>

and

<http://pathbreaking.com>

### **Hair Loss Product: Rogaine**

**By Kathlene Capelle**

If you are considering using a hair loss product, then you may have heard of Rogaine as a possible form of treatment. Understanding this prescription medication and how it can affect you and your hair growth can help you determine if the hair loss product is for you.

Rogaine is also sometimes known as Topical Minoxidil. It came from a different type of medication that was used to treat high blood pressure. While treating high blood pressure, researchers noticed that Minoxidil had the effect of producing extra hair growth. From this point, researchers began to look into how the Minoxidil affected hair growth and separated out the specific supplements that helped to treat the symptoms. Finally, the FDA approved this hair loss product, stating that it is effective with not as many side effects.

Rogaine is most effective in treating hair loss that occurs at the top of the head for both men and women. It is known to do this as a stimulant that helps to promote hair growth. This is done through external use, as the solution is applied to the head where there is loss of hair at least twice a day. This can also be used as a spray and will begin to affect hair growth in the particular areas after four to six months of use. However, if you do not see marked improvement after this time, then Rogaine as a hair loss product is not effective for you at all.

Before deciding to use Rogaine, you should check with a physician to make sure that the side effects will not be detrimental. The ingredient Minoxidil is known to cause allergic reactions in some people. It can also react with other drugs and medications that you are on at the same time. If you are pregnant, you should refrain from using Rogaine as a hair loss product. There have been reports of serious diseases that you have had in the past reacting once again after you take the medication. So be sure to clear this with your physician.

Another side effect that is somewhat common for Rogaine is irritation on the scalp. It may become red

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or begin to itch. It may also begin to become scaly or start to have flakes. There may also be a burning that occurs after taking the medication. If this results from the Rogaine, you should stop taking the medication. Eventually, these symptoms should disappear without complications.

Stimulating hair growth to replace hair loss, with the use of a hair loss product such as Rogaine, is just one of the many solutions to your problem. As explained, Rogaine does not cure hair loss but simply helps to override the symptoms by enhancing hair regrowth. Also, this hair loss product is not effective in all cases. You should really find out the cause of your hair loss and see if it really meets your needs before plunging in right away.

Kathlene Capelle writes on female hair loss, male hair loss, cause of hair loss, hair loss remedies, hair loss prevention, hair transplants and natural hair loss treatments. Her site also has hair care recipes that you can prepare from your own home. Please visit her site at

<http://www.hair-loss-remedy-central.com>



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