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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!

Hair and Scalp Massage: The Ayurvedic Secret for Gorgeous Hair

By Shreelata Suresh

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According to ayurveda, a healthy beautiful head of hair requires an ongoing care routine that starts with nourishment. Why wait until you experience hair problems? As with your skin, start taking care of it now, and you'll reap the benefits for years to come.

Massaging the scalp and hair with warm oil, preferably infused with hair-friendly herbs, is the best way to nourish the scalp and hair topically. Not only does the massage work wonders for your hair, but it also relaxes the mind and nervous system. The oil for the massage can be customized by hair and body type. If your hair is thin, dry and frizzy and prone to split-ends, you have Vata hair. If you have fine hair prone to premature thinning or graying, you are Pitta-predominant. If you are predominantly Kapha, your hair will tend to be thick and oily.

The Benefits A warm oil massage, done at least once a week (if you have more Vata in your make-up, you would want to try to do it two to three times a week), has the following benefits:

1. It lubricates and conditions the scalp, helping to prevent flakes and dry scalp without the use of harsh chemical shampoos.
2. It helps enhance blood circulation in the head and neck area. When the scalp is "tight" from stress, circulation and hair growth are impeded.
3. It helps relax the scalp and increase pliability.
4. It helps strengthen the roots of the hair and nourishes the hair-shafts, promoting new hair growth and strengthening current hair.
5. It helps soften and condition the hair, making it more manageable.
6. It spreads the natural oils of the hair, increasing hair luster and vibrancy.
7. It helps protect hair from the damaging effects of the sun and harsh weather by improving resiliency over time.
8. It is replenishing and rejuvenating for dry, damaged hair, and helps prevent excessive brittleness and split-ends.
9. It helps pacify Vata dosha. Especially when enriched with Vata-pacifying herbs, a warm oil hair and scalp massage can be wonderfully relaxing for the mind and nervous system.
10. When fortified with cooling, Pitta-pacifying herbs, the hair and scalp massage can help balance Pitta dosha and help prevent Pitta-related problems such as premature graying or thinning of hair. It also helps reduce body heat in general, especially if you have been up late a few nights or your eyes are smarting from too much close work on the computer or reading. A Pitta-pacifying massage also helps promote emotional balance.
11. The massage helps relax the muscles in the neck area.
12. The hair

and scalp massage can help promote sound sleep at night.

Choosing a Massage Oil

If you are Vata–predominant, choose almond oil or sesame oil as the base oil. Both of these oils are very nourishing for the scalp and hair and help reduce stiffness and tightness in the scalp. For Pitta persons, cooling coconut oil is the ideal choice. Because coconut is very Pitta–pacifying, coconut oil massage can retard hair problems such as thinning and premature graying that are associated with an aggravated Pitta dosha. If you are Kapha–predominant, sesame or olive oil are good choices. Olive oil has purifying properties that help keep pores open.

While massaging with a dosha–appropriate base oil can be helpful, ayurvedic oils designed for hair and scalp massage typically include one or more hair–friendly herbs to augment the benefit of the massage. Traditionally, these herbs are slow–cooked with the oil, and the oil is then strained and ready for use.

Brahmi helps calm the mind and nervous system, pacifies Vata and is very nourishing for the hair. It helps promote hair thickness and body. Amalaki is cooling, nourishing and purifying all at the same time, so it is wonderful for all types of hair. It is especially beneficial for Pitta–predominant people because it pacifies Pitta and helps ward off premature thinning and graying of hair. It also helps prevent dry scalp and flakes. Bhringaraj, which translates to "king of tresses," is also Pitta–pacifying and very nourishing for the hair. Hibiscus is cooling and helps maintain hair color and vitality. Neem is good for Kapha hair; it has purifying and cleansing properties. Rosemary and Lavender are excellent for all types of hair. Rosemary helps stimulate hair follicles and promotes growth, helps retard premature thinning and graying, and soothes and conditions the scalp. Lavender stimulates hair growth, balances oil production and replenishes the hair and scalp. Jasmine helps alleviate stress.

How to Do the Scalp and Hair Self–Massage

Pour some oil into a bowl and warm the oil by placing the bowl in some hot water. The oil should be warm but comfortable to the touch.

Using the pads of your fingers, apply the oil little by little to different parts of your scalp, parting your hair as needed. Also work some oil along the length of your hair. Then, using the pads of your fingers, work the oil into your scalp, using circular motions. Slow, deliberate movements are relaxing while steady but vigorous movement helps enhance energy and circulation. Cover your entire scalp, all the way down the sides to your ears and at the back to your neck. Leave the oil on for at least 30–60 minutes, longer if you can. If you like, you can dip a towel in hot water, wring it out, and wrap it around your head after your massage for added conditioning and softening of hair. You can even leave the oil on overnight place a thick towel over your pillow to protect your linens. Shampoo out with a gentle, natural shampoo.

Note: This information is educational in nature and is not intended to replace standard medical care or advice. If you have a medical condition, please consult your physician.

Shreelata Suresh is a yoga instructor who lives in the Bay Area. She writes for various publications on yoga, ayurveda and Indian culture. For more articles on ayurveda and premier ayurvedic products, please visit <http://www.ayurbalance.com>.

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.

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

and



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