

# Intuitive Nutrition Hair Oil Recipe

This is my hair oil blend using rosemary, peppermint, and lavender essential oils with argan, jojoba, castor, and sweet almond carrier oils. The general recommendation is to use a dilution of 1-2% essential oils in carrier oils for topical application to the scalp.

## Ingredients:

### Essential Oils:

- Rosemary Essential Oil: 30 drops (stimulates hair growth and improves scalp circulation)
- Peppermint Essential Oil: 10 drops (refreshes the scalp and promotes hair growth)
- Lavender Essential Oil: 20 drops (soothes the scalp and helps with hair thinning)

### Carrier Oils:

- Argan Oil: 1 tablespoon or 25 ml (nourishes and moisturizes hair, adds shine)
- Jojoba Oil: 1 tablespoon or 25 ml (mimics the scalp's natural sebum, deeply moisturizes)
- Castor Oil: 2 tablespoons or 50 ml (promotes thicker hair growth, strengthens hair)
- Sweet Almond Oil: 1 tablespoon or 25 ml (rich in vitamins and softens hair)
- Avocado Oil Cold Pressed: 1 tablespoon or 25 ml (rich in vitamin A & E)

In a dark glass bottle (preferably 4 oz or 120 ml to preserve the oils), pour the castor oil, argan oil, jojoba oil, and sweet almond oil using the measurements above.

Add 30 drops of rosemary essential oil, 10 drops of peppermint essential oil, and 2- drops of lavender essential oil to the carrier oil mixture.

Cap the bottle tightly and gently shake it to combine the ingredients.

## Directions for Use:

**Scalp Treatment:** Part your hair into sections and apply a few drops of the warm oil blend to your scalp. Massage it gently for 5-10 minutes to stimulate blood circulation. Leave it on for at least 30 minutes, or overnight for a deeper treatment, and then wash it out with a mild shampoo.

**Hair Treatment:** Apply the oil blend from mid-length to the ends of your hair. Let it sit for at least 30 minutes or overnight before washing.

### Safety Considerations:

**Dilution:** This recipe uses a 2% essential oil dilution, which is within the recommended safety range for hair and scalp use.

**Patch Test:** Always perform a patch test before using a new oil blend to check for any allergic reactions or sensitivities.

## Best Practices for Hair Oiling:

- Warm the Oil: Warm the oil slightly before applying it to improve absorption and blood circulation in the scalp.
- Massage Gently: Massage the oil into your scalp using circular motions. This boosts circulation and ensures the oil penetrates the scalp.
- Leave It On: For best results, leave the oil on for at least 30 minutes, or even overnight for a deep conditioning treatment.
- Rinse Thoroughly: Wash the oil out with a gentle shampoo to avoid residue, especially if you leave it in overnight. You may need to shampoo twice to fully remove heavier oils like castor oil.
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By oiling your hair regularly and using the right types of oils for your hair type and needs, you can improve hair strength, elasticity, and shine while keeping your scalp healthy.