

Quick Guide To Botanicals For Hair

All [botanicals](#) are sources of various flavonoids, tannins, phytonutrients, phenols, vitamins, minerals, and other components. All of these components have various effects when applied topically or ingested - it's the beauty of botanicals. And some botanicals in particular are excellent for hair - here is a list and what each is good for:

Amla/ Amalaki - a hair tonic and superfood for hair; can stimulate hair growth

Aloe Vera - moisturizes, protects and nourishes as it is full of nutrients

Angelica - promotes hair growth

Birch leaf - reduces oiliness, refines pores and promotes hair growth

Burdock root - skin conditioner, rich in nutrients for a healthy hair and scalp

Calendula - anti-irritant, anti-inflammatory, healing

Chamomile - calms, reduces response to irritation

Clover - soothes, conditions, promotes healthy hair and scalp

Dandelion - anti-bacterial, astringent, rich in minerals, good for scalp health and promoting hair growth

Fennel seed - rich in vitamins, minerals and nutrients, may assist with preventing hair loss, and promoting hair growth

Fenugreek - for growth

Ginseng - conditions, rejuvenates, enhances circulation, promotes hair growth

Gotu Kola/centella asiatica - healing, promotes circulation, improves scalp health

Green Tea - exfoliates, soothes, great for stimulating hair growth, full of nutrients and polyphenols

Hibiscus - stimulates hair growth, hair conditioner, rich in vitamins and nutrients

Henna - colourant and conditioner, but tends to dry out hair with repeated use

Hops - astringent, reduces itchiness and scalp conditions, rich in silica

Horsetail - conditions, reduces oiliness, refines pores, contains silica which strengthens hair

Irish Moss - smoothes, softens, moisturises and conditions, nutrient dense

Kelp - soother, softener, conditioner, rich in minerals and vitamins, nutrient dense, helps strengthen the hair and prevent breakage

Lemonbalm/Melissa - soothes, calms, good to reduce oiliness and balance the scalp

Lemongrass - conditions, tones tissues, combats excess oiliness, supports hair growth

Licorice - soothes, stimulates hair growth

Marshmallow - soothes, nourishes, reduces response to irritation, film-forming protective properties for hair

Marjoram - soothes, revitalises and rejuvenates hair and scalp

Milk Thistle - antioxidant, can help strengthen hair follicles and prevent excess hair loss

Mugwort - moisturizer, anti-inflammatory, increases blood circulation

Neem - anti-bacterial, regenerating, stimulates hair follicles, reduces hair fallout

Nettle – stimulates, softens, great for preventing hair loss and encouraging hair growth

Rosemary – used to promote hair growth, enhances shine

Sage – conditions, softens, stimulates hair follicles for better growth

Saw Palmetto berries – skin conditioner, and excellent for promoting hair growth and density

White Willow Bark – enhances cell turnover, natural source of salicin, great for exfoliating dead skin cells and buildup, oily scalp

Witch Hazel – removes impurities, reduces oiliness, refines pores, astringent, helps with dandruff

Yarrow – conditions, soothes. Good for oily scalp, normalises sebum production

So in short:

Botanicals for oily scalp and hair:

Witch hazel, yarrow, white willow bark, lemongrass, lemonbalm, hops

Botanicals for hair growth/hair loss:

Saw palmetto berries, sage, rosemary, nettle, neem, milk thistle, liquorice, lemongrass, hibiscus, green tea, ginseng, fennel, dandelion, birch, angelica, amalaki

Botanicals for strengthening hair and preventing breakage:

Kelp, horsetail, hops, birch

Botanicals to moisturise and condition:

Irish moss, hibiscus, marshmallow, aloe vera