



## thinning hair FIXES

### ROSEMARY ESSENTIAL OIL

**why** Essential oil extracted from the *Rosmarinus officinalis* herb can help stimulate scalp circulation, promoting normal follicle function and hair growth, says Tracey Beaulne, ND, who practices in Toronto. A study published in *Archives of Dermatology* found that regular scalp massage with rosemary and other essential oils improved symptoms in nearly half of patients with spot balding.

**how** Add several drops of rosemary essential oil to 2 to 3 tablespoons of a carrier oil (jojoba, grape seed, or olive), and vigorously massage into your scalp and roots for 2 to 3 minutes, delivering the essential oil's volatile compounds directly to the hair shaft, Beaulne advises. Focus the massage at the top of the head, toward the center—considered the nexus of acupressure points. "This draws energy and circulation to the scalp, which can stimulate hair growth," Beaulne explains. Post-massage, wrap your head in a warm towel, and let the oils absorb into the scalp for about 20 minutes, then shampoo out.

**kit pick** *Aura Cacia Organic Rosemary Essential Oil* \$8.29/0.25 oz.; [auracacia.com](http://auracacia.com)

### TURMERIC

**why** Potent antioxidants called curcuminoids in the curry spice *Curcuma longa* help reduce inflammation in the body—often a stealth culprit in hair loss, says San Jose, Calif.–based integrative physician Julie T. Chen, MD. Significant stress, whether from chronic pain or lack of sleep or from an autoimmune condition such as rheumatoid arthritis, increases inflammation throughout the body, and even moderately elevated inflammation levels can disrupt the natural growth cycle of hair, causing it to fall out and grow back more slowly.

**how** Start by taking 800 to 1,500 milligrams of turmeric, standardized to 95 percent curcuminoids, Chen recommends. Look for a supplement that contains black pepper (also listed as piperine or BioPerine), which boosts your body's absorption, and take with food. Once you notice hair loss diminishing, you can lower the dose to 400 to 800 milligrams, eventually tapering down to simply cooking with turmeric.

**kit pick** *Oregon's Wild Harvest Turmeric* \$29.95/60 veg caps; [oregonswildharvest.com](http://oregonswildharvest.com)

**While a stylish solution,** hats merely cover up sparse strands. Consider getting to the root of the problem: most hair loss may be hereditary, but stress, inflammation, and autoimmune conditions can play a role. For healthier locks, turn to these natural hair helpers.

—SUSAN ENFIELD



### HORSETAIL TEA

**why** The fern-like *Equisetum arvense* plant is rich in silica, an organic form of the mineral silicon. "Horsetail adds resilience and strength to the hair strand, similar to silica's effect in other parts of the body, such as the skin, nails, and bones," says nutritionist Paula Simpson, RNCP, who practices in Toronto and New York City.

**how** Prepare an herbal infusion by pouring hot water over a tea bag or over 2 to 3 teaspoonfuls of horsetail placed in a tea ball. Steep 5 to 10 minutes, and drink three times daily, Simpson suggests. Traditionally, horsetail has also been used as a mild diuretic, so staying hydrated is vital.

**kit pick** *Alvita Horsetail Grass Tea* \$6.69/24 tea bags; [twinlab.com/brands/alvita](http://twinlab.com/brands/alvita)