

A BASIC GUIDE TO SCALP OILS

Essential Oils, Your Scalp, and Beyond



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INTRODUCTION

About Ashton, Your Holistic Scalp Specialist.

I was born and raised on the plains of the Llano Estacado. My passion for natural beauty started shortly out of high school. As my own self-love grew, I became adamant about showing others that beauty is an energy that radiates from within and waiting to be expressed.

In my early 20s, I became aware of the toxins found in the beauty industry. With this awareness and my passion to uplift others, Love Natural was created in 2014.

It takes my time to provide a holistic approach to all my services to touch every guest's mind, body, and spirit. I offer a non-toxic and organic alternative to all things hairstyling. My specialties include intuitive Hair Colors, Bespoke Haircuts, and my favorite—Holistic Scalp Treatments.

It lights me up educating and empowering my clients and the community around me. I love getting to tie the energetic side of beauty to the physical.



My hope is that when you align your energy to love, you will feel the light start to shine from within, and therefore see yourself in the mirror in the way you were created to- Whole, Holy, and Beautiful.

- Ashton Layne

INTRODUCTION

Hello! I'm Loreann, Your Essential Oil Specialist.

I was introduced to essential oils back in 2013 as a way to help support my young family with the health challenges we were experiencing (sensory issues, autistic behavior, digestive issues, asthma and upper respiratory issues, colds, flu, strep) I saw how well they worked and never looked back.

The way essential oils support us emotionally was also very intriguing to me because I was struggling with depression and on medication at the time. I dove headfirst into learning about emotions, how to release them, and how to support our bodies in the process. That journey has led me to where I am now. As an essential oil specialist with doTERRA, Emotion Code certified, Neural Reset Therapist and a licensed massage therapist, I am excited to share my knowledge with you!



- *Loreann Rancee, LMT*



INTRODUCTION

I'm Lindsay, Salon Owner of Wallflower Beauty Parlor.

Hey y'all! I'm Lindsay Taylor, and I'm the owner at Wallflower Beauty Parlor! I want y'all to feel right at home at Wallflower, and I think knowing our faces and some things about us will help us build friendships with you when you sit in our chairs!

I grew up in Plainview, TX. It's a smallish city of around 20,000 people. So the community is strong – we all rooted for one high school team and a legendary marching band called the powerhouse of the plains. I grew up out in the country, with like 3 TV channels, so I played outside all day with my big sister Holly and little brother Ty. I knew by age 15 that I wanted to be a hairstylist. The salon was my favorite place to be!

My first job was at an antique store, and that really influenced my sense of style. That was also my first close exposure to a female entrepreneur. My boss, MaryJo, was in her 60s, had a college degree, and owned this giant antique store, and she was just amazing to me! She had confidence and grit and truly cared about me and my dreams. My dad and both my grandads are also self employed, so I guess it runs in my blood to be my own boss.

After high school I went to Texas Tech and got a degree...and that's a story for another day. Along the way, I worked for lots of people and places and learned what I valued in a workplace.



I WAS ALWAYS HAPPIEST WORKING FOR A FAMILY OWNED BUSINESS. I FINALLY GOT TO GO TO COSMETOLOGY SCHOOL IN 2009 AND WORKED IN OTHER PEOPLE'S SALONS FOR 10 YEARS.

I MET MY HUSBAND JON IN 2012 AND WAS INSTANTLY IMPRESSED WITH HIS ENTREPRENEURIAL SPIRIT. WE HAVE WORKED TOGETHER TOWARDS EACH OTHER'S DREAMS AND GOALS AND IT HAS BEEN INCREDIBLY HARD AND INCREDIBLY REWARDING. HIS BUSINESS, @JOHNNY_VELVET_TEES OCCUPIES THE FRONT HALF OF OUR BUILDING ON 34TH STREET. HE'S MY BIGGEST SUPPORT BY FAR, A GREAT HUSBAND, AND FANTASTIC DAD TO OUR GIRLS.

WALLFLOWER OPENED IN SEPTEMBER 2020, AND AS STYLISTS HAVE JOINED ME HERE, IT FEELS LIKE HOME AND FAMILY.

– *Lindsay Taylor*

CHAPTER 1

Thyme

Releasing & Forgiving

The benefits of Thyme for the Scalp:

- *Contains the crystalline phenol, Thymol, proven to be a powerful disinfectant.
- *Its disinfectant qualities makes it great at clearing out fungus, yeast, and bacteria.
- *Treats dermatitis and Seborrheic dermatitis.
- *Great at clarifying dry skin thanks to the thymol.
- *Cleansing, anti-viral, and increases circulation.
- *Assists in the recovery of wounds and fights itching.



Emotional/Energetic Support:

Thyme is a powerful emotional cleanser that addresses trapped energy that has been buried for a long time. It brings to the surface stagnant feelings and emotions of hate, rage, anger & resentment. Then it allows the body to cleanse the negativity, and as a result, you become more open, at peace, able to receive love and offer forgiveness.

Beyond the Chair:

Treats asthma, bronchitis, cold & flu, constipation, cough, cuts & wounds, dermatitis, insomnia, skin disorders, sore throat, stomachache, throat infections, yeast infections.



CHAPTER 2

Sage

Clary Sage: Clarity & Vision

Spanish Sage: Memory

The benefits of Sage for the Scalp:

*Powerful Purifier.

*Sage's main ingredient, ursolic acid, exfoliates and deeply cleanses the skin to prevent bacterial growth.

*Carnosic acid is found in Sage and has been shown to reduce the risk of skin cancer. It also restores nerve endings. This in turn revives follicles and restores hair growth.

*Contains Rosmarinic acid which gives it its antibacterial, anti-fungal, anti-viral and anti-cancer qualities.

*Fights overly sebaceous glands thanks to its powerful astringent and clarifying properties.

*Combats oily dandruff thanks to its anti-fungal properties.

*Eliminates odor.

**Clary Sage Emotional/Energetic Support:**

Clary Sage helps you change your perceptions, gives you courage to see the truth, clears creative blocks, helps illuminate your limiting belief system, and helps open the soul to new possibilities and experiences. It is great for the brow chakra as it increases our ability to visualize and imagine new possibilities along with clarifying our spiritual vision and enhancing the gift of vision.



CHAPTER 2

Sage

Clary Sage: Clarity & Vision

Spanish Sage: Memory

Clary Sage–Beyond the Chair

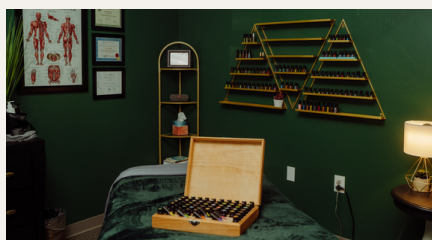
Treats acne, circulation, dandruff, depressions, frigidity, gastric spasms, hair loss, hormone balance, hot flashes, hypertension, impotence, menopause, migraines/headaches, painful menstruation, PMS, whooping cough, wrinkles .

Spanish Sage Emotional/Energetic Support:

Spanish Sage aids in navigating memory or cognition challenges. It helps with memory recall which in turn helps with self-esteem and self-worth. It is also eases feelings of grief & loss associated with changes in personal identity. It encourages you to keep going even in the midst of loss, discouragement or embarrassment. It helps you resist despair and feel hopeful, capable & resilient.

Spanish Sage–Beyond the Chair:

Treats acne, anxiety, arthritis, atherosclerosis, baldness, cold, cough, cuts & wounds, depression, dermatitis, eczema, emotional exhaustion & stress, flu, headache, memory & mental focus, menstrual pain, muscle pain & spasms, pain.



CHAPTER 3

Helichrysum

Emotional Pain

The benefits of Helichrysum for the Scalp:

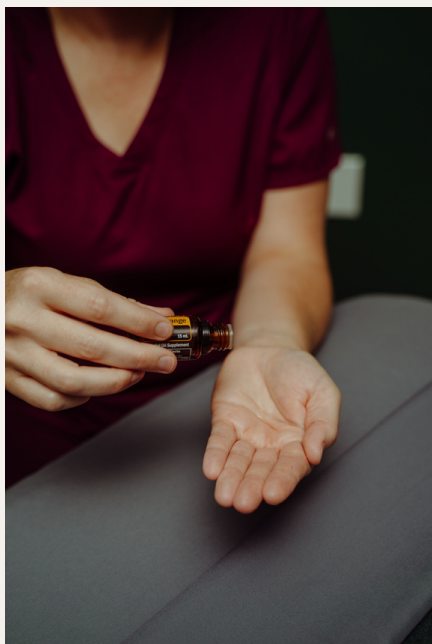
- *Praised for its wound and bruise healing abilities.
- *High in curcumenes and other terpenes that make it Anti-bacterial, anti-microbial, anti-inflammatory, astringent, stimulant, skin tonic, nervene.
- *Natural UV protection.
- *Stimulates the production of new cells and reverses aging skin.
- *Soothing and pain relieving.
- *Vivifies the skin with an influx of healing cells.
- *Helps with acne, dermatitis, eczema, psoriasis, viral infections, scar tissue, and burns.
- *Aids in circulation-bringing in new blood flow.

Emotional/Energetic Support:

Helichrysum is an amazing healer of emotional pain, anguish, loss, abuse and/or trauma. It offers powerful spiritual support giving strength and endurance to the wounded soul, while restoring confidence, courage, hope and perseverance.

Beyond the Chair:

Treats arthritis, back pain, bruises & swelling, cuts & wounds, hypertension, insect bites, joint pain, rosacea, scarring, skin care, sprains & stress.



CHAPTER 4

Rosemary

Knowledge & Transition

The benefits of Rosemary for the Scalp:

- *Use to be burned in hospitals as a disinfectant and air purifier.
- *Contains the antioxidant carnosol which has been shown to be effective against cancer by reducing inflammation and inhibiting the expression of cancer cells.
- *Carnosic acid is also found in Rosemary and has been shown to reduce the risk of skin cancer. It also restores nerve endings. This in turn revives follicles and restores hair growth.
- *Circulatory stimulant- increases blood flow.
- *Contains diosmin, a flavonoid which restores strength to fragile capillaries. Restoring blood flow. Stimulating hair growth.
- *Astringent properties due to its tannin content. Constricts pores and tightens skin.
- *Powerful antibacterial and anti-fungal.
- *Stimulates mental cognitive processes and focus.
- *Natural DHT blocker.
- *Combats dandruff and folliculitis due to its anti-fungal and anti-bacterial properties.
- *Aids in wound recovery.
- *Astringent properties balances out overly sebaceous glands.



CHAPTER 4

Rosemary

Knowledge & Transition

Emotional/Energetic Support:

Rosemary assists those with learning difficulties and helps bring expansion to the mind. It aids during times of transition and adjustment to change. Rosemary also helps us receive more inspired answers by trusting in a Higher Power. It helps clear confusion, brings mental clarity and assists in time of adjustment and transition.

**Beyond the Chair:**

Treats arthritic pain, asthma, bronchitis, cold & flu, constipation, dermatitis, diarrhea, gout, hypotension, indigestion, menstrual problems, migraines, muscle pain, skin disorders, stress, stomachache.



CHAPTER 5

Cedarwood

Community

The benefits of Cedarwood for the Scalp:

*Purifying and Calming

*Cedarwood essential oil contains the terpenes cedrine, cedrol, and thujopsene, which are the main components that make it astringent (calming and tightening), anti-inflammatory, anti-fungal, and antibacterial.

*assists in- skin infections, tightens pores, fights acne, removes blemishes, helps with over sebum production, fights dandruff and fungus, fights hair loss, and purifies the skin and air.

*reduces anxiety and promotes meditative states.

Emotional/Energetic Support:

Cedarwood helps you feel the support of community by aiding the release of excessive self-reliance. It helps you feel connected and provides a sense of belonging and support. You are not alone; life is a shared experience!

Beyond the Chair:

Treats acne, anxiety, astringent, dandruff, diuretic, eczema, psoriasis and other skin disorders, skin care, wounds.



CHAPTER 6

Holy Basil (Tulsi)

Spiritual Integration

The benefits of Holy Basil for the Scalp:

- *Well known adaptogen. Helps the body balance out to stressors. Balances out the adrenal glands and lowers cortisol levels.
- *Contains many of the vitamins needed to grow healthy hair– Zinc, Calcium, Vitamin C, Vitamin A, Vitamin E, and Iron.
- *Soothes and refreshes dry skin thanks to the vitamins A,E, and C.
- *Stimulates blood circulation and brings fresh nutrients to the follicle, increasing hair growth.
- *Antibacterial and anti- inflammatory.
- *Combats dermatitis thanks to its adaptogenic and antibacterial qualities.

Emotional/Energetic Support:

Holy Basil is a powerful adaptogen that helps restore balance and alignment, clears energetic blocks, and helps you feel integrated, alive, energetically clear, and harmonized. Holy Basil's greatest influence is on the spiritual and energetic planes as it helps you release resistance to life.

Beyond the Chair:

Treats anxiety, emotional support, oral hygiene, skin care, headaches, congestions, muscle discomfort, insomnia, menstrual conditions.



CHAPTER 7

Melissa Oil (Lemon Balm)

Light

The benefits of Melissa Oil for the Scalp:

*Strong Anti-bacterial, anti-fungal, antiviral, and anti-inflammatory properties thanks to the wide variety of flavonoids, phenolic acids, and terpenes.

*Naturally treats scalp eczema, scalp psoriasis, acne, and minor wounds.

*Rich in citronellal, which is believed to help relax the body and mind, making it a light sedative and induces calmness.

*Improves moisture levels of the skin.

*Enhances skin barrier function, so it holds in moisture and hydration.

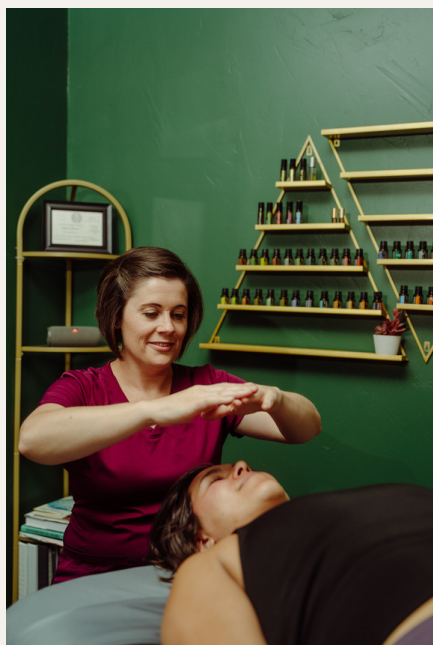


Emotional/Energetic Support:

Melissa is so powerful in that it invites you to release everything and anything that is holding you back from reaching your fullest potential. It helps you connect with your Inner Voice/Inner Guidance/Intuition. It helps pull you out of despair, hopelessness, darkness, a loss of will to live and feeling overwhelmed. Melissa fuels the spark to shed these low vibrations and brings in joy, enthusiasm, liberation, optimism and spiritual connection.

Beyond the Chair:

Treats allergies, anger, anxiety, cold sores, colds, depression, fevers, herpes, hypertension, indigestion, menstrual disorders, migraines, nausea, nervous tension, vertigo, vomiting.



CHAPTER 8

Bergamot

Self-Acceptance

The benefits of Bergamot for the Scalp:

*Known as the Beauty oil due to its cicatrisant properties, helping to fade scars and heal wounds.

*Pinene and Limonene are two primary terpenes inside Bergamot. Both are known to actively induce happy hormones. Both are associated with anti-anxiety and pain relieving properties, and fights inflammation. In addition they are anti-viral, anti-bacterial, and have even been shown to fight cancer.

*Combats Fever and infection.

*Studies have demonstrated Bergamot EO at having the ability to balance out the hypothalamus, the part of the brain that releases hormones that travel to the pituitary gland.



Emotional/Energetic Support:

Bergamot relieves feelings of despair, low self-esteem, self-judgement, hopelessness, and being unlovable. It supports feelings of self-acceptance and self-love while bringing in confidence, optimism and the knowing that you are good enough. It has a cleansing effect on limiting belief systems and helps clear the facade of cheerfulness. It offers courage to be yourself, reigniting confidence and self-acceptance through loving yourself unconditionally.

Beyond the Chair:

Treats anxiety, body odor, depression, eczema, epilepsy, hormonal balance, indigestion, insomnia, psoriasis, stress, urinary tract infection.



Lavender

CHAPTER 9

Communication & Calm

The benefits of Lavender for the Scalp:

*Linalyl Acid and Linalool inside makes it antibacterial, anti-viral, anti-fungal, pain relieving, and anti-inflammatory.

*Purifying, promotes the lymphatic system.

*Increases cellular division which increases healing, reduces scarring, and promotes hair growth.

*Nervene- calms the nervous system.



Emotional/Energetic Support:

Lavender aids verbal expression while calming the mind. It helps release blocked communication, fear of rejection, racing thoughts, emotional hiding, insecurity and the feelings of being unseen, unheard or unloved. Lavender help you express yourself, be emotionally honest and self-aware all while bringing peace to the mind and body.



Beyond the Chair:

Treats acne, allergies, arthritic pain, asthma, bronchitis, burns, cold & flu, cuts & wounds, depression, dermatitis, diarrhea, earache, headaches, herpes, hypertension, indigestion, insect bites, insomnia, migraines, muscle pain, nausea, psoriasis, skin disorders, sore throat, stomachache, stress, throat infections, and SO MUCH MORE!

CHAPTER 10

Peppermint

Buoyant Heart

The benefits of Peppermint for the Scalp:

- *Pain relieving properties and cooling sensation makes it effective at dulling itchiness and pain.
- *Actively works to heal wounds thanks to the anti-inflammatory properties of menthol and menthone.
- *Useful for headaches and sore muscles or scalp.
- *Powerful disinfectant.
- *Fights alopecia because it strongly stimulates circulation and blood flow.
- *antiviral, anti-fungal, antibacterial.

**Emotional/Energetic Support:**

Peppermint brings joy and buoyancy to the heart and soul releasing unbearable anguish, intense despair, sadness and pessimism. It offers a short reprieve so you can feel the joy of life again and have the strength to face the emotional pain and difficult circumstances at hand.

Beyond the Chair:

Treats allergies, asthma, bronchitis, cold & flu, colic, congestion, dermatitis, diarrhea, fever, headaches, indigestion, insect bites, insect repellent, menstrual problems, mental acuity, migraines, motion sickness, nausea, skin disorders, stomachache, stress, sunburn, tendonitis, AND SO MUCH MORE!



CHAPTER 11

Castor Oil

The benefits of Castor Oil for the Scalp:

*Used in ancient traditions of healing dating back to 1550 BCE.

*Contains 90% ricinoleic acid, an anti-inflammatory fatty acid that is an omega 9 fatty acid and hydroxy acid (aids in the skin's natural exfoliation).

*Contains Udecylinec acid- another fatty acid that has antibacterial, anti-fungal, antimicrobial, and anti-viral properties.

*Contains Linolimic acid- also shown to inhibit growth of cancer cells.

*It easily penetrates the skin due to its molecular mass, which is low enough to enter the stratum corneum, the outer most protective layer of the skin.

*Analgesic-pain relieving.

*Increases blood flow- bringing in new blood to inflamed areas.

*Hair Rejuvenating qualities- Promotes hair growth, fights dandruff, repairs split ends, thickens and strengthens hair, cleanses toxins.



CHAPTER 12

Almond Oil

The benefits of Almond Oil for the Scalp:

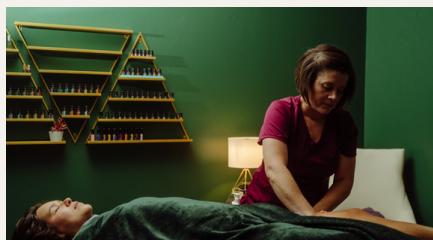
*High in Vitamin E and retinol.

*Contains essential fatty acids such as palmitic, stearic, linoleic and oleic acid. These nourish, hydrate, and protect the skin. These are the building blocks for our cells.

*These fatty acids also make it antibacterial, anti-fungal, and anti-viral.

*Its low molecular weight and high content of fatty acids makes it ultra moisturizing and easy to penetrate the skin.

*The high amounts of oleic acid encourages the balancing out of sebum production as it mimics our body's own sebum make-up.



CHAPTER 13

Hemp Seed Oil

The benefits of Hemp Seed Oil for the Scalp:

- *Contains fatty acids such as oleic and linoleic acid (vitamin F), mimicking our body's own sebum make-up..
- *High in Omega 3 and 6 fatty acids which aid in maintaining the skin's lipid barrier.
- *Hemp seeds are a rich source of gamma linolenic acid (GLA), a polyunsaturated fatty acid which also have anti-inflammatory effects and fight cancer.
- *The high amounts of GLA make it beneficial in the treatment of specific skin conditions including eczema, dermatitis, psoriasis, and acne rosacea.
- *High in Vitamin A, C, and E.
- *Also non-comedogenic thanks to its low molecular weight and fatty acids that mimi our own sebum.



CHAPTER 14

Jojoba Oil

The benefits of Jojoba Oil for the Scalp:

*Jojoba oil is actually a Wax ester, not an oil. Wax esters do not break down like oils do. They are a single chain molecule as opposed to a triglyceride that will have 3 chains. Therefore it doesn't break down like a fat for energy, but instead acts as a barrier for protection.

*The structure of the oil is similar to the structure of our sebum. Our body naturally produces the same wax esters. Jojoba is more similar to human sebum than any other type of vegetable oil.

*Helps Maintain the proper moisture levels of the scalp.

*Regular use provides moisture to reduces split ends and tangles.

*It does not become rancid due its high concentration of tocopherol (vitamin E) and its wax structure which is never subject to oxidation.

*Prevents transdermal water loss in the skin.

*Acts as a solubilizing agent (dissolving agent), breaking down any sticky buildup on the follicle.



CHAPTER 14

Jojoba Oil

The benefits of Jojoba Oil for the Scalp Continued:

**Disinfectant, anti-inflammatory, antibacterial, antimicrobial.

*Stimulates skin cell regeneration, improves elasticity, heals wounds and sunburns.

*Treats folliculitis, dermatitis, eczema, psoriasis.

*Strengthens hair follicle, adds shine, balances out sebum production, promotes hair growth.



CHAPTER 15

Grape Seed Oil

The benefits of Grapeseed Oil for the Scalp:

*Here is a breakdown of the Essential Fatty acids in Cold pressed grape seed oil- Linoleic Acid(70%), Oleic Acid(16%), Palmitic Acid(7%), Stearic acid(4%). These are all fatty acids that our body uses as they are the building blocks at a cellular level.

*Full of powerful antioxidants.

*Increases the body's natural ability to maintain proper moisture levels.

*Improves the production of collagen.

*Natural UV protection.

*Anti-inflammatory, Anti-microbial, antihistamine.

*Enhances elastin in the skin.

*Penetrates quickly into the skin due to its small molecular mass.



CHAPTER 16

Basic Scalp Oil Recipe

For Normal to Oily Scalp

What You Need:

- 1oz Serum Bottle
- 1/8 tsp Castor Oil
- 10 Drops each of Rosemary, Cedar Wood, and Lavender Essential Oils
- Grapeseed Oil or Jojoba Oil (enough to fill up the remainder of the 1oz bottle)

How to Mix:

Add the Castor oil to the bottle. Add 10 drops each of Rosemary, Cedarwood, and Lavender Essential Oils. Fill up the remainder of the bottle with Grapeseed oil, Jojoba oil, or a combination of both. It's ok if these measurements aren't exact. Shake well.

How to Use

Apply one dropper full in 1-2 inch sections to your Scalp the night before you Shampoo your hair. The Lavender Essential Oil makes this oil great to apply at night to calm the mind. Massage in. Pull through the ends if they need extra lovin'. Braid your hair and/or wrap your hair up in a bonnet for the night, or sleep on a pillowcase you are not afraid to get a little oily. Leave in for at least 30 minutes and as long as 12 hours. Shampoo out the next morning.



CHAPTER 16

Basic Scalp Oil Recipe 2

For Dry to Normal Scalp

What You Need:

- 2 Oz Serum Bottle
- 1/3-1/2 tsp Castor Oil
- 7 Drops Each of Cedarwood, Rosemary, Helichrysum, Holy Basil, and Peppermint Essential Oils.
- Equal Parts Hemp Seed Oil, Jojoba Oil, Almond Oil, and Grapeseed Oil. (Enough to fill the remainder of the 2oz bottle)

How to Mix:

Add The Castor oil to your bottle. Then, add about 7 drops each of Cedarwood, Rosemary, Helichrysum, Holy Basil, and Peppermint Essential Oils. Then add equal parts of the Jojoba, Almond, and Grapeseed Oil. It's ok if these measurements aren't exact. Shake Well.

How to Use:

This Scalp Oil is great for those who experience extreme dry or itchy scalp. Because of its UV protective properties, this Scalp Oil is great to apply during the day. The peppermint will give you a cooling and soothing sensation for any extreme itchiness. Apply one dropper full throughout the head in 1-2 inch horizontal sections. You can also apply as a spot treatment in the areas that are more inflamed. Massage in. Wear for as little as 30 minutes and as long as 12 hours. Shampoo out at the end of the day.



CHAPTER 16

Hydrating Scalp Spray

Daily Scalp Spray

What You Need:

- 2 Oz Spray Bottle
- Distilled Water
- 1/4-1/2 Oz Witch Hazel and/or Aloe Vera
- 7 Drops each of Holy Basil, Peppermint, Cedarwood, Rosemary, Bergamot, and Sage.

How to Mix:

Add the Witch Hazel and/or Aloe Vera to your Spray Bottle. Then, add about 7 drops each of Holy Basil, Peppermint, Cedarwood, Rosemary, Bergamot, and Sage. Fill up the remainder of the bottle with Distilled Water. It's ok if these measurements are not exact. Shake well.

How to Use:

Shake Well before each use as Oil and Water do not mix. This Scalp Spray is going to balance out the scalp's pH while also supporting hair growth. In 1-2 inch horizontal sections, Spray onto the scalp after getting out of the shower. Massage in. This Scalp Spray is also great as a refresher for in between Shampoo days and can be used Daily.



Links to our Favorite Essential Oil Brands

Below, find the links to our favorite Providers
of essential oil and carrier oils.

Jade Bloom Essential Oils



doTerra Essential Oils

