



How to Use

1. Shake well before and during use
Essential oils and hemp seed oil will tend to separate from the water and witch hazel. Shaking helps to temporarily blend the oils and water together.
2. apply to wet hair
3. spray tonic on scalp
4. massage into scalp
5. comb through hair
6. Use daily for best results

How to Make Hair Growth Tonic {aka mermaid hair}

see the full post on ONEssentialCOMMUNITY.com for more detailed instructions

step 1: add 3 tablespoons alcohol-free witch hazel to a 4 oz spray bottle

step 2: add 1 teaspoon hemp seed oil

step 3: fill the rest of the spray bottle with distilled water (or boiled and cooled tap water)

tip: be sure to stop adding water a half inch or so below the top so that there's room for the essential oils and the mixture won't spill over when you add the sprayer

step 4: add the following essential oils for hair growth

- 10 drops lavender essential oil
- 10 drops rosemary essential oil
- 10 drops cedarwood essential oil
- 10 drops peppermint essential oil

What's in DIY hair growth tonic {aka mermaid hair spray}?

lavender essential oil - Research has found that lavender essential oil can help hair grow faster and longer, perhaps even helping thinning hair to regrow. Additionally, lavender oil helps moisturize hair which can prevent damage and prevent further breakage.

rosemary essential oil - Rosemary oil increases blood circulation, stimulates hair follicles, improves hair growth, and lessens hair loss, resulting in thicker, fuller, longer hair.

cedarwood essential oil - Like rosemary essential oil, cedarwood oil also increases blood circulation, stimulates scalp, and helps hair to grow faster and thicker.

peppermint essential oil - Peppermint oil strengthens hair roots and lessens hair loss. It also increases blood flow, which rejuvenates hair follicles and promotes hair growth.

hemp seed oil - Hemp seed oil deeply moisturizes hair and scalp. Not only does that make hair feel silky soft, it also helps strengthen hair and prevent breakage. It contains omega 3, 6, and 9 fatty acids that help hair grow thicker, faster and longer. Plus hemp contain gamma-linoleic acid which nourishes hair and aids keratin formation, which results in stronger, healthier hair. The lipids in hemp seed oil also help increase hair's elasticity, volume, and shine.

alcohol-free witch hazel - Like peppermint essential oil, witch hazel also has vasoconstrictor properties which increase blood flow and promote hair growth. Additionally, witch hazel can reduce irritation to hair follicles that would otherwise inhibit hair growth. It also helps tame frizzy hair and adds volume.

Please note: Products mentioned in this article have not been evaluated by the FDA. These products and information on this page are not intended to diagnose, treat, cure, or prevent any disease. This website is not a substitute for professional care. Always consult your medical doctor regarding your medical care. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.



MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.

MERMAID

Hair Tonic



SHAKE WELL.
SPRAY ON SCALP AND
COMB THROUGH HAIR.
APPLY DAILY TO WET HAIR.