



The Vitamin Bee is not the author of the below recipe, it was a post on the Internet, source is referenced at the bottom of the article. As mentioned in my previous post, "[Baking Soda Shampoo: Your Hair Will Grow Like Magic](#)", I alternate between this hair treatment. The first recipe is used on Saturday, Sunday, Tuesday & Thursday, this one is Monday, Wednesday & Friday.

My results; Although I have been using these concoctions for over a year, my hair line is sparse in the front. That may mean that I am spinning my wheels and grasping at straws OR it could mean that, although it has not caused new hair to grow, it may have delayed what's up there from falling out completely. Ever the optimist, I prefer to think the latter. Unlike the first recipe, this one does incorporate actual shampoo, so there is a little foaming action going on.

Just Add These Two Ingredients To Your Shampoo And Say Goodbye To Hair Loss Forever

Do you know what causes hair loss? The experts say that hair loss is related to various factors as stress, pregnancy, menopause, weight loss, etc.

But, also other reasons can speed up and promote the hair loss. Stress can cause a hormonal imbalance and lead to excessive hair loss.

This issue can make you insecure and withdrawn and affect your self-esteem. You will spend a lot of money on expensive hair products and treatments which will not always give the best results.

We present you a homemade shampoo which can help you to solve this problem.

How to make my own homemade shampoo for hair loss?

The first thing you need is a natural shampoo with neutral pH. You can use the normal baby shampoo. This shampoo is used as a base ingredient, but we will use 3 other ingredients in it.

You will need to add rosemary essential oil. It is perfect for increasing the blood flow to the scalp, thus providing strength to the hair. Also, you will need lemon essential oil. It is refreshing and it is a great antiseptic.

And the third thing you will need is 2 caplets of vitamin E, which can be bought in the pharmacies or in the local health stores. Vitamin E is very beneficial against hair loss. It will stop the process of hair loss. It is very simple and easy to make this shampoo. Just follow these instructions.

Directions:

Add 10 drops of essential oil of rosemary and 10 of lemon essential oil into the neutral shampoo. Then, add the 2 capsules of vitamin E. Shake well before using the shampoo.

Usage:

Found at TheVitaminBee.net/blog

The Vitamin Bee is not a healthcare site, nor are the recipes doctor recommended. These are personal experiences for homemade alternatives to commercial products.

It is very important to use this homemade shampoo every other day – if you use it today, the next day take a break. Apply it on the hair and gently massage it for few minutes. Let it stand for 10 minutes. Then, rinse it off with warm water.

You will be amazed by the results. Just in few weeks you will notice that your hair will start to grow!

Source: <http://www.healthandhealthyliving.com/just-add-these-two-ingredients-to-your-shampoo-and-say-goodbye-to-hair-loss-forever/>

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