



# YOUR Hair Health How-To

START HERE :

The Enrollment Packet PLUS...

- dōTERRA Lifelong Vitality Pack® (LLV) supplements
- dōTERRA Salon Essentials® Haircare System



## Hair Health from the Inside:

- LLV pack supplements daily
- DDR Prime® roller on bottoms of feet, a.m. & p.m. (20 drops DDR Prime® in a 10mL roller +FCO)

THEN ADD :

- Rosemary
- Lavender
- DDR Prime®
- dōTERRA Salon Essentials® Protecting Shampoo—Liter
- dōTERRA Salon Essentials® Smoothing Conditioner Liter



These oils are also great for hair health:

Jasmine, Cedarwood, Sandalwood, Melaleuca, Geranium, Clary Sage, Roman Chamomile, Thyme, Lime, Ylang Ylang.

dōTERRA® is the registered trademark of dōTERRA Holdings, LLC.

Rev\_011019

## Heat Protectant Spray

½ t. FCO  
1t. Sweet Almond Oil  
1t. dōTERRA Salon Essentials® Smoothing Conditioner  
½ c. Water  
3 drops Clary Sage  
3 drops Geranium  
4oz. spray bottle

Add all to spray bottle. Shake well. Apply one spritz to hair & work it through until hair is lightly coated. Style as normal.

## Beach Wave Salt Spray

1T. Epsom salt  
¼ t. sea salt  
½ t. dōTERRA Salon Essentials® Healthy Hold Glaze  
¼ t. Fractionated Coconut Oil  
3 drops Rosemary  
3 drops Lavender  
½ c. hot water

Add all but water to 4oz. spray bottle. Top with water & shake. Spray generously on hair while scrunching with hands. Let dry.

## Deep Hair Conditioner

6T. Virgin Coconut Oil  
2T. Olive Oil  
16 drops essential oils (Lavender, Peppermint, Rosemary, Geranium, &/or Clary Sage)

Add to a mixing bowl. Whip on med/high until thick & creamy. Apply to clean, dry hair. Comb through with wide tooth to evenly distribute. Let sit 15–20 min. Rinse, shampoo, & style as desired. Repeat once/wk or as needed. Store in a 4oz. jar.

## Nourishing Scalp Mask

10 drops Cedarwood  
10 drops Rosemary  
8 drops Melaleuca  
1t. Honey  
½ c. Coconut oil

Blend all together. Massage into scalp. Leave on 20 minutes. Shampoo & rinse well. Store in 4oz. jar.

## Rapunzel Spray

20 drops Lavender  
20 drops Rosemary  
+Water in a 4 oz. spray bottle  
Shake and spray hair nightly at bedtime.

AND...

Add 2 drops ea. Rosemary, Lavender, Cedarwood, & Thyme to a qtr- size amount of dōTERRA Salon Essentials® Protecting Shampoo in your palm before you lather.

“These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”