



THE EFFECTS OF MEDICINAL LAVENDER

This document contains information about Organic Medicinal Lavandula Bohemia and links to research articles proving the healing effects of Medicinal Lavandula



Uses of Medicinal Lavandula and its effects

Serum for hair restoration and growth

The effectiveness of aromatherapy in the treatment of patients with alopecia areata

- Randomized, controlled trial lasting 7 months, with follow-up at 3 and 7 months.
- Eighty-six patients diagnosed with alopecia areata.
- The group massaged essential oils (thyme, rosemary, lavender) in a mixture of carrier oils (jojoba and grapeseed) into their scalp daily.
- 44% of the participants showed a significant improvement.
- The results show that aromatherapy is a safe and effective treatment for alopecia areata.
- Treatment with these essential oils was significantly more effective than treatment with carrier oil alone.

<https://pubmed.ncbi.nlm.nih.gov/9828867>

1999, May




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Analysis of markers for the characterization of lavender and lavender oil

- Study by Czech student Jakub Přichystal, Palacký University in Olomouc.
- Lavender oil is an antimicrobial agent (because it contains mainly the main components - linalool and linalyl acetate).
- It contains supporting substances for hair growth in people with alopecia.
- It has a beneficial effect on atopic eczema in children, as an alternative to conventional pharmaceuticals (e.g. corticosteroids).
- Improves physical symptoms of psoriasis (psoriasis).
- Inhibits the growth or reproduction of certain fungal species.
- Acts against bacteria causing respiratory disease (Streptococcus pyogenes, Streptococcus agalactiae, Streptococcus).
- Lavender oil is effective against lice and scabies in children.

<https://theses.cz/id/eod23r/00171272-664652704.pdf>
2012



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Study of changes in hair quality by using a shampoo containing an aromatic essential oil

- A Korean study examined the changes in hair quality after shampooing with a shampoo containing aromatic essential oils.
- The essential oils used were lavender, juniper, cypress, peppermint and cedarwood.
- On a group of 15 people for 4 weeks shampoo with essential oils was applied.
- The study resulted in a significant increase in hair density especially in the occipital region.
- There was an overall improvement in hair and skin quality due to the effect of the aromatic essential oils.
- It is also recommended as an effective hair loss prevention and hair growth support.

https://www.researchgate.net/publication/369441554_A_Study_on_Changes_in_Hair_Condition_of_Shampoo_Containing_Aroma_Essential_Oil

February 2023



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Herbal therapy for hair loss

- The study investigated the treatment of alopecia areatatis.
- Many herbal medicines containing, for example, lavender essential oil are very effective and without side effects.
- The role of aromatherapy (Arnica montana, Cedrus, Lavandula agustifolia, Rosmarinus officinalis) is important as an addition to treatment.
- In aromatherapy, essential oils enter the body through the olfactory system (inhalation) or through the skin.
- These oils act not only on a cellular level, calming the nervous system, but also on a spiritual level, giving a sense of well-being.
- Topical herbal therapy stimulates the hair follicles in a safe way.

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OE9h8NOg11T0DoVqQ_&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA
March 2020

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Alopecia Therapy: a summary of essential oils used to treat hair loss

- A study has identified the main factors that cause hair loss: genetic disposition, triggering factors, exposure to chemicals, medications, nutritional deficiencies, stress, or long-term illness.
- Natural treatments are becoming increasingly popular, showing no side effects.
- Erythema, scaling, pruritis, dermatitis, itching, and other side effects are associated with the use of synthetic medications.
- Lavender oil has been studied and has been shown to help in skin reproduction due to its main components: linalyl acetate, linalool, terpineol, cineol
- Promotes cell growth, fight fatigue, relieves stress, has antifungal properties.
- Aromatherapy is as an alternative way to safely complement hair loss treatment.
- Herbal extracts (e.g., with lavender), as a supplement to a healthy diet, serve as treatment-promoting agents.
- Essential oils reduce the rate of hair loss while stimulating new hair growth.

https://www.researchgate.net/profile/Rukaiya-Sirohiwala/publication/368344139_Alopecia_Therapy_A_systemic_review_on_herbal_oils_used_for_the_treat

International Journal of Enhanced Research in Medicines & Dental Care (IJERMDC),

ISSN: 2349-1590, Vol. 9 Issue 3, March

2022ment_of_hair_loss/links/63e39c45e2e1515b6b7e7a4b/Alopecia-Therapy-A-systemic-review-on-herbal-oils-used-for-the-treatment-of-hair-loss.pdf

March 2022

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Serum for hair restoration and growth

Possible uses of essential oils in cosmetics and dermatology

- A study has shown that essential oils help trichologists, physicians and health professionals in the treatment of their patients.
- External use of oils in the scalp area helps against hair loss due to its anti-inflammatory, antibacterial, antioxidant effects.
- Aromatherapy relieves anxiety and has stimulating effects on the scalp.
- Lipophilic properties help maintain the physiological balance of the scalp.
- Further studies and research have shown that essential oils promote hair shine and softening.
- In combination with other essential oils and the use of vegetable oils as carriers, they make suitable dermocosmetic products.
- They have the effect of regulating sebum secretion, stimulating hair growth, reducing scalp inflammation and relieving itching.

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June 2021