



# *Hair Growth Support Mask*

## **Ingredients**

- 1 Banana
- 2 drops of Rosemary Essential Oil
- 2 drops of Lavender Essential Oil

## **Instructions**

Mix all ingredients into a bowl.

Apply to hair, ensuring ends are covered.

Leave in for 20 minutes, then rinse out with warm water

This hair mask combines the benefits of Rosemary Oil's anti-inflammatory and promotion of nerve growth with Lavender's antimicrobial (preventing common scalp issues as well as soothing) and anti-inflammatory benefits.

Together these oils help stimulate hair growth, premature graying and dandruff as well as supporting a dry or itchy scalp. Banana will help give your hair a soft, voluminous sheen as well as defrizzing. Over time this mask can lead to stronger hair follicles and therefore enabling your hair to grow longer.