



## Mudbrick Herb Cottage Presents 11 Essential Oils for Hair Growth

*July 10, 2023*

July 10, 2023 - PRESSADVANTAGE -

Mudbrick Herb Cottage, a company based in Mudgeeraba, QLD, Australia, has presented what they consider to be the 11 best essential oils for maximum hair growth in a new blog post, which can be accessed at <https://www.herbcottage.com.au/blogs/aromatherapy/essential-oils-hair-growth>. Essential oils have been observed to speed up hair growth and treat the root causes of hair loss, such as inflammation, stress, and follicle damage. Meanwhile, many of the typical hair products that are available from stores have unpleasant odors, cause damage, and fail to boost hair growth.

"Essential oils can be used in place of your ineffective, store-bought products that promise longer, fuller hair," says Deby Aterby, Chief Editor of Aromatherapy Today International Journal.

There are three phases in hair growth: anagen, catagen, and telogen. The anagen phase is two to six years long and is that active growth phase when the hair cells divide rapidly, resulting in hair lengthening. People with long anagen phases are able to grow long and voluminous hair, while those with shorter anagen phase

are unable to grow their hair quite as long. Some essential oils, like lavender oil, maintain the anagen phase while delaying the catagen phase where the hair stops growing. Other essential oils, like peppermint oil, promote an early anagen phase.

According to the article, the most effective method for using essential oils for hair growth is adding two to three drops to a person's preferred carrier oil, such as coconut oil or jojoba oil. This oil mixture has to be massaged into the scalp and left on the scalp for five to 10 minutes, after which the oil is washed out using regular shampoo and conditioner. For those who are short on time, they can add one drop of essential oil to their shampoo, wait a few minutes and then wash it out before conditioning the hair. This should be done two to three times a week for best results. Mudbrick Herb Cottage offers some of the best selection of certified organic essential oils in Australia. These essential oils can be found at <https://www.herbcottage.com.au/collections/essential-oils>.

According to the article, the 11 essential oils for hair growth that may add thickness, length, and volume to the hair are: Lavender, Peppermint, Rosemary, Cedarwood, Lemongrass, Thyme, Clary Sage, Tea Tree, Ylang Ylang, Chamomile, and Geranium.

Essential oils can be used to fight hair loss and promote hair growth by stimulating the hair follicles, enhancing scalp health, and by providing treatment for stress, inflammation, anxiety, and sebum overproduction. Some essential oils act during the rapid growth phase to stimulate and lengthen the growth period. Essential oils are frequently more effective and less costly than the usual hair products and can provide treatment for the damage caused by hair products.

Mudbrick Herb Cottage was founded and operated by the Mudbrick family, which is made up of husband and wife Michael and Sandra, and their son Bart. Michael had worked in a wholesale nursery for eight years and this has taught him how to grow healthy plants. Sandra's passion for herbs started with a cup of chamomile tea in the 1970s and this spurred her and Michael to build a nursery that has grown to contain over 400 varieties of plants, some of which are rare and difficult to find in Australia. The company simply sold the Mudbrick Cottage products at the local farmer's market for several years. It was Bart who realized the power of the Internet and convinced his parents to sell their products online. Bart is constantly trying out various systems and strategies to extend the brand's presence with the goal of making the brand a household name in Australia.

Those who are interested in learning more about the use of essential oils for hair growth can check out the Mudbrick Herb Cottage website at <https://www.herbcottage.com.au/> or contact them on the phone or by email.

###

For more information about Mudbrick Herb Cottage, contact the company here: Mudbrick Herb Cottage Bart Nanka +61 475508639 bartnanka@hey.com 491 Gold Coast Springbrook Rd, Mudgeeraba, 4213 QLD

## **Mudbrick Herb Cottage**

*This family-owned brand is Australia's top seller of organically grown herb plants, dried herbs, herb tea, essential oils, and herbal skincare.*

Website: <https://www.herbcottage.com.au/>

Email: bartnanka@hey.com

Phone: +61 475508639

**MUDBRICK**  
**HERB COTTAGE**