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Oils for Different Types of Hair Loss

Different causes of hair loss respond differently to oils. Matching the oil to the problem makes more sense than treating every case the same.

Pattern hair loss (androgenetic alopecia)

Rosemary has the clearest human data. The 2015 trial against 2% minoxidil is still the main reference. Some people add a little lavender. Carrier oils such as jojoba keep the mix light and less likely to clog.

Telogen effluvium (stress, illness, postpartum, crash diets)

This type of shedding is temporary. Once the trigger settles, hair usually returns. While you wait, rosemary and lavender can calm the scalp and reduce breakage. Coconut or jojoba as carriers help protect the hair you still have. Gentle massage is more useful than aggressive treatments.

Alopecia areata (patchy autoimmune loss)

An older 1998 study tested a blend of thyme, rosemary, lavender and cedarwood in carrier oils and saw better regrowth than carrier oil alone in some people. The study is old and the results mixed, so treat it as supportive only. Medical treatments remain the first option.

Thinning from breakage rather than true follicle loss

Coconut oil has the best evidence for reducing protein loss from the hair shaft. Castor oil is popular for its thickness, but solid proof it regrows hair is thin. Many people dilute it with a lighter oil so it spreads and rinses better. Jojoba is useful if your scalp runs oily or sensitive.

A simple starting mix

One tablespoon of jojoba or light coconut oil + 6–8 drops of rosemary oil. You can add two or three drops of lavender or peppermint if you want. Apply two to four times a week the same way described above.

Oils won't correct iron deficiency, thyroid issues, hormone shifts or scarring alopecia. If the shedding is sudden, patchy or comes with other symptoms, see a doctor first.

Rosemary currently has the strongest evidence among the essential oils for pattern loss. Carrier oils mainly protect existing hair and keep the scalp comfortable.

The biggest difference comes from sticking with it for months and dealing with any medical causes at the same time.