



DIY BEDTIME HERBAL HAIR-GROWTH SPRAY

Posted on October 17, 2022 by Peta Stange

Apart from a well-balanced diet, there are numerous herbal compounds that can help your hair grow.

Most plants contain **anti-inflammatory** and **anti-microbial** compounds which soothe and cleanse the scalp. This means you can use any plant in this remedy and it will do some amount of good, but there are a few specific mechanisms to consider when treating your hair, which include:

- **A pH of 3.7 to 5.5** is ideal for hair treatment since this is also the pH range of your scalp and hair follicle. This is why I am using apple cider vinegar in today's remedy.
- **Increasing blood circulation** delivers more nutrients and oxygen to the hair follicle.
- **Decreasing dihydrotestosterone (DHT)**, a specific testosterone derivative that can be a common factor in both male pattern baldness and hair loss in women.
- **Sebum** produced from your scalp can block pores if there's too much; whereas it can cause dry, brittle hair if there's too little.

Beneficial Plants for Hair Growth

You can find a substantial list of herbs that have been proven to be beneficial for hair growth [here](#), but this list of nearly 60 plants includes ones from all over the world that may not necessarily be easily accessible, so I have cherry-picked a few of the more common plants to use as an herbal hair-growth spray.

Of course, you could easily brew all of the plants listed below into a tea, and allow it to cool, strain, and use that as a hair treatment, but the plants listed below actually perform better in alcohol or vinegar. Today I have chosen apple cider vinegar (ACV) instead of alcohol since there are numerous proven benefits of ACV for your hair (and yes, as long as it is sufficiently diluted, you can leave ACV in your hair overnight).

Plants Suitable for Vinegar-Based Extraction

Below is a list of plants that you can infuse in ACV (or alcohol) as the first stage in preparing your herbal hair-growth spray:

Peppermint (*Mentha piperita*) essential oil was found to be [superior](#) to minoxidil and with fewer side effects. After 4 weeks, it thickened the skin, boosted growth enzymes and the number, depth, and length of hair follicles had increased. Menthol also increases blood circulation and skin penetration. While the essential oil diluted to 3% was the most potent, you can also infuse fresh or dried peppermint leaves into vinegar, which is what today's recipe will use. **Rosemary** (*Salvia rosmarinus*) increased the number of hair follicles after [6 months](#) of daily usage, which was equivalent to minoxidil. It regulates sebum production and increases blood circulation. **Olive** (*Olea europaea*) leaves and immature drupes contain [oleuropein](#) which increase the life-span of your hair

follicles. **Safflower** (*Carthamus tinctorius*) was the strongest DHT [inhibitor](#) and hair growth stimulator out of 17 plants tested. **Thuja, cypress, and cedars** from the Cupressaceae family have strong alkaloids which are DHT inhibitors and extend the life span of hair follicles. Thuja was also found to decrease the production of sebum. **Green tea** (*Camellia sinensis*) leaves are high in a certain type of [catechin](#) which also restricts the production of DHT.

DIY Bedtime Herbal Hair-Growth Spray

Ingredients

Note: *the amounts below are only a suggestion. As long as you have 1-part herb to 5-parts ACV then you can't go wrong.*

- 8 oz (50 g) of fresh and/or dried herbs from the list above
- 8 oz (250 ml) of apple cider vinegar (ACV)
- ½ cup of water

Method

The first stage involves making an ACV extract which will take at least a week to prepare.

1. Place fresh or dry plant matter into a jar with a plastic lid and weigh how much plant matter you have.
2. Pour 5 times the amount of ACV into the jar and be sure to submerge all of your herbs (I used a sunflower or fig leaf and a small glass jar to weigh down the herbs which I replace every second day).
3. Screw on the lid and place in the fridge, shaking it every day for at least a week (2 weeks is better since I'm only chopping them roughly).
4. Strain away the herbs and your vinegar extract is almost ready. In this concentrated form, it can be stored for a year in the fridge as long as everything has been sterilized first.

Application

Your ACV extract must be diluted before use. Simply combine half a cup of water with 1 teaspoon of the ACV extract into a spray bottle and spray your hair and scalp liberally (halve this amount for short hair). In these proportions (4% dilution), I tested the pH to be between 4.7 to 4.8. Allow your hair to dry and you're ready for bed. Don't worry, within 30 minutes the smell of ACV will dissipate. Rinse off in the morning.

This treatment can be done daily or weekly.

In this diluted form, the spray should ideally be used within 3 – 4 days and stored in the fridge.

Conclusion

Making a DIY herbal hair-growth spray can be as simple as brewing a cup of herbal tea, but if you are looking for something with a bit more potency, then try this ACV extract instead, or if you find the smell of ACV too strong, then try high proof alcohol – just be sure to dilute your extract before applying.

You may also like:

[How to Make Stinging Nettle Shampoo For Hair Growth](#)

[Use This If You're Losing Hair Every Day](#)

[Stop Hair Loss With This DIY Rosy Rogaine](#)

[Don't Throw Banana Peels, Do This Instead!](#)

[Homemade Natural Hair Dye](#)

Comments



Dora Melton - 2022-11-08 20:23:00

Licensed 38 years Cosmetologist... food(eggs) in this case , does not have the correct MW(molecular weight) too penetrate into the hair shaft. Therefore sits on top of the cuticle doing nothing



Irene - 2022-10-25 11:36:39

I Didn't have a lot of apples. But I had pears. So I have been making pear vinegar. Do you think that will work in-stead of apple vinegar? Hope so . vinegar?



Daniella - 2022-10-24 13:23:18

Hello, I don't wash my hair everyday so could I leave it on my scalp and still use if daily?



Teena - 2022-10-23 08:19:41

Thank you so much and I also wanted to know if I can use frozen mojito leaves?



Kelly - 2022-10-19 15:35:06

You mentioned rinsing hair in the morning, but I wondered if there was a need to rinse at all? Thank you



Brenda - 2022-10-19 10:05:01

Can you use this on a dog. I have an older dog with skin and hair issues and looking for a way to give her relief. Vet has offered many RX to help scratching and loss of hair.... allergy meds. Some relief from scratching but still poor-quality hair and losing hair. Just do not know what is good for dogs as I am learning this herbal world. Thanks in advance.



The Lost Herbs - 2022-10-19 07:17:14

Hello Nita, Thank you for your comment! I'm sorry to hear this. An email has been sent to you with more information. Many blessings and good health!



The Lost Herbs - 2022-10-19 07:01:55

Hello Teena, Thank you for your interest in the recipe! Yes, you can use Mojito Mint leaves instead. Many blessings and good health!



The Lost Herbs - 2022-10-19 06:54:48

Hello Hue, Yes, it can be used by both men and women. Many blessings and good health!



The Lost Herbs - 2022-10-19 04:50:44

Hello Monica, Thank you so much for sharing this idea with us! Many people believe that applying egg whites directly to your hair is a low-cost way to improve its appearance and promote hair growth. Aloe Vera repairs hair strands and it may also aid in hair growth. Many blessings and good health!



K - 2022-10-18 18:49:42

A quick web search will tell you what you need to know...here's a link to the products ingredients you're speaking of off amazon. Just scroll down and you will see them:
<https://www.amazon.com/gp/aw/d/B09GW9CW3Z/ref=c>



Teena - 2022-10-18 17:53:19

Hello could I use Mojito leaves instead of peppermint leaves to make the hair growth spray? Thank you!



Dee - 2022-10-18 13:16:14

Shelagh~~~ ACV is Apple Cider Vinegar. It is better than white vinegar for many things. It has what is called the Mother in it which is part of all the goodness. Please look this up to find more benefits. This may sound counter intuitive, but it can also be used for acid reflux, and yes I took it for 2 weeks every night before bed and my reflux has not returned (research on this also before doing). If your new to this stuff your in for a whole new wonderful world. Enjoy your journey :)



Shelagh – 2022-10-18 12:54:24

I am new here, and I have no idea what ACV is please explain?



Beth – 2022-10-18 07:09:48

Thanks! I just bought a bottle last week.



Liana – 2022-10-18 05:20:19

Try it and see if it works out for you. That's what I always say.



Hue – 2022-10-18 03:36:56

Can you use this extract on male's hair



Deanna – 2022-10-18 01:45:54

Can you use essential oils to make this for hair? I'm thinking ...shake it well and then apply. The oils would be so much easier.



Nita Jo Palmer – 2022-10-18 01:10:53

I have severe anaphylaxis to many medications and foods. I want to know the ingredients in the supplement called Folifort and I am a disabled widow on a very tight budget. I have trouble just buying food. Is there a discount for someone like me?



Monica Boerma – 2022-10-17 19:49:14

I think if you mix this in with eggwhites it would even be better, as the egg white has protein and collagen that assists and even with a bit of Aloe vera as it reflects the sun's damaging UV.



Mic - 2022-10-17 19:43:45

Hello Beth. I began use Hemp Seed Oil on my eyebrows (straight oil, no dilution) every night. This is the first time I am seeing actual growth of them. Castor Oil did not work for me.



Pam Wiechern - 2022-10-17 18:46:31

Is there a recipe that uses essential oils for this spray. And if so do you have it.



Beth - 2022-10-17 15:29:42

The hair on my head is thick and strong, but my eyebrows are disappearing. Would this work better on them than castor oil?