



# STOP HAIR LOSS WITH THIS DIY ROSY "ROGAINE"

*Posted on August 2, 2022 by Crissy Joshua*

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There are dozens of products and services aimed at reducing hair loss; some are very expensive, even costing thousands of dollars. Unfortunately, there is little focus on natural plant-based hair loss treatments. However, there are natural remedies for hair loss, and you don't have to spend a ton of money. In fact, you can make them yourself. In just a moment, I will show you how to create a simple, aromatic hair loss oil with rose petals and rosemary at home.

But first, let's look at how these two particular herbs help. To do that, we must look closely at the causes of hair loss. Hair loss affects both men and women, and over 50% of men will have experienced some form of hair fall out by age 50. There are many different types of hair loss, including:

- Male pattern hair loss (also known as androgenic alopecia)
- Female pattern hair loss
- Telogen effluvium
- Trichotillomania
- Traction alopecia
- Tinea capitis
- Short anagen syndrome
- Loose anagen syndrome
- Temporal alopecia triangularis

## So... What Causes Hair Fall Out?

Androgenetic Alopecia is probably the most common form of hair loss in both men and women. Our genes turn it on and off, affecting us more as we age. There are many reasons why this genetic trigger could be flipped.

Alopecia areata is an autoimmune disorder that affects around 2% of the world [population](#). This kind of Alopecia often has ties to anticancer drugs, immunosuppressants, and other drug treatments, but not always.

Across the board, though, researchers have found links between hair loss, dietary issues, nutrient [deficiencies](#), and toxin [overload](#)—a common denominator in multiple types of conditions.

## Can stress cause hair fallout?

In short... absolutely!

We can't really get around it. Stress is an inevitable part of life. Although there are certainly ways to reduce and manage stress so that it doesn't manifest physically. Mental shock, emotional strain, endocrine disturbance, neuro-circulation instability, and genetic predisposition are known [causes](#) of

hair fallout.

Rose, in particular, has been used for thousands of years as an antianxiety, antidepressant and relaxant. Recent [studies](#) show that rose oil stimulates the olfactory system, increasing parasympathetic activity, releasing neurotransmitters, and reducing sympathetic activity. This cascade of events can effectively reduce stress, anxiety and even pain. Let's dig deeper into the value of rose oil for hair.

## Rose Oil Benefits

Rose oil has a warm spicy aroma that is extremely pleasant. But there are also considerable rose oil benefits for hair and scalp conditions like those mentioned above. Rose oil washes away dirt and bacteria, strengthens the hair follicles, and moisturizes and soothes the scalp. Rose [oil](#) is also:

- Analgesic
- Anti-inflammatory
- Antibacterial
- Antifungal
- An emollient
- Blood pressure lowering
- Aromatic
- Anti-testosterone
- High in C, A and linolenic acid

## Rosemary Oil Benefits

Rosemary is usually associated with culinary dishes, but it also has a slew of health-promoting properties. For example, when rosemary oil was [examined](#) against Minoxidile (Rogaine), it held up to the same standard if not better than Minoxidile in some people. In addition, it showed hair regrowth beginning six months after treatment started. And participants reported far less itching than those given Minoxidile.

It's thought that this hair growth stimulation could be due to rosemary's ability to enhance microcapillary perfusion and increases hair follicle blood supply.

Rosemary is also:

- Analgesic
- Alleviates fluid retention
- Antioxidant
- Neuroprotective
- Antibacterial

- Antifungal
- Antiviral
- A muscle relaxant

## Almond Oil for Hair Regrowth

Almond oil is high in magnesium and omega-6s, which [stimulate](#) hair growth. In addition, Almond oil is full of antioxidants which can slow the oxidative stress that triggers hair loss in certain individuals and reduce inflammation. Almond oil is also [effective](#) in relieving fungal infections. So it's pretty easy to see why almond oil is the base for this hair loss oil.

## How to Make Your Own Rosy "Rogaine"

You will need:

- 3-4 whole roses – I used two honey roses, one pink rose, and one white rose from my local flower shop. Honey roses smell amazing!
- 1 cup of organic almond oil
- ¼ cup of dried rosemary
- A double boiler – I used a saucepan and a stainless steel bowl
- Mesh strainer
- Pint size jar
- Dehydrator (optional)
- Rose absolute (optional)
- Dropper bottles for storing (optional)
- Time! (Not optional)

**Step 1.** Begin pulling all the petals off of your roses. Wash the petals under cold water and dry them on a towel. I got about three cups of petals out of my four roses.**Step 2.** Place the rose petals into a dehydrator to dry for about three to four hours. Or you can let them air dry for a day or two if you don't have a dehydrator. Just set them in a sunny spot with lots of airflow.**Step 3.** Remove the rose petals from the dehydrator trays.**Step 4.** Divide the petals into three piles (about one cup each)**Step 5.** Add one pile of petals to the double boiler.**Step 6.** Add the almond oil and turn the heat on low. You don't want the water to boil, just a very low simmer.**Step 7.** Add the dried rosemary and let it go for about six hours. Make sure you keep an eye on your water levels in the bottom pan. Don't let it dry up.**Step 8.** Remove the top bowl from the double boiler and strain the oil into a jar. Throw away all of the sediment.**Step 9.** Put the oil back into the double boiler with the second set of petals. Cook for an additional two hours. Repeat this process with the last set of petals. Total cook time will be ten hours.**Step 10.** Remove the petals from the heat and let the oil cool completely.

**Step 11.** Strain the oil back into your pint-sized jar.**Step 12.** Add 5-10 drops of rose absolute if you want. (optional).**Step 13.** Add the rose oil to dropper bottles for easy use. (optional)

## Mix It and Forget It Method

If you don't want to use the double boiler, you can simply add all the ingredients to the pint-sized jar and let it sit in a dark cabinet for four to six weeks. Then, follow steps 12-13 after the proper amount of time has elapsed.

### To Use:

You can add your rose and rosemary hair oil to your shampoo by dripping a couple of drops into your palm with your shampoo when washing your hair. Or you can rub some of the oil right on problem areas of the scalp and rub it in. Let it sit for 15 minutes, then shampoo as usual. This mixture should last up to six months.

*\*\*CAUTION: Some medicines and topical products should not be used concurrently with rose oil, so it's best to consult a doctor before beginning use.*

**You may also like:**

[Rosemary And Sage Sore Throat Spray](#)

[LOSING HAIR? Do This For 1 Minute Before Bed To Regrow Your Hair](#) (Video)

[Rose Petal Salve Recipe](#)

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

[Easy DIY Hair Growth Serum Recipe](#)

## Comments



**Elizabeth** - 2022-08-16 12:35:55

Do you sell the final product.?



**Deb** - 2022-08-12 07:54:02

Does this work for eyebrows?



**Amanda C.** - 2022-08-06 10:52:16

As far as the medications go, we can not give medical advice. I would check with your medical provider if you have questions about how certain medications may interact with herbs.



**Amanda C.** - 2022-08-06 10:50:49

"rosehip" and "rose" have different medicinal qualities; however, rosehip is also great for hair loss. But if you use water-extracted herbs, they will not mix with the oil. Alcohol extractions can often be mixed with oils with the addition of vegetable glycerine.



**Amanda C.** - 2022-08-06 10:47:28

Sure, you can use already extracted oils; however, this hasn't been tested for this recipe. You would only want to use a few drops of the extracts... approx—1:20 ratio. For example, if you use a 10ml bottle, you would use about five to ten drops of each extracted oil, then fill the bottle with the almond oil. It does need to macerate for at least a couple of weeks.



**Amanda C.** - 2022-08-06 10:38:47

Hi Cynthia, you can use whatever kind of base oil you want, but almond oil has hair loss properties, which is why it was used for this recipe. The good news is that so does rosehip. However, rosehip is not the same as "rose." You could certainly use the oils you already have and maybe add some rose absolute to them if you wanted. :)



**Amanda C.** – 2022-08-06 10:33:21

I wouldn't suggest using a slow cooker because the temperature tends to be higher. Instead, you want indirect heat so that you don't destroy volatile oils in the roses. I hope that helps.



**Amanda C.** – 2022-08-06 10:30:50

Hi Carol, You can actually ask your florist for organic roses. You'll pay a bit more, but many of them can get them. You can also go with the other options you suggested. Really great suggestions!



**Amanda C.** – 2022-08-06 10:28:18

Hi Ness, absolutely!



**Amanda C.** – 2022-08-06 10:27:34

Hi Juliette, It is a VEVOHOME digital dehydrator.



**Elise** – 2022-08-05 09:48:32

Nicole, would a rose hip macerate be equivalent to petals in your opinion? Thank you!



**Cindy** – 2022-08-03 01:09:03

Can high quality rose oil and rosemary oil be used in place of dried rose petals and dried rosemary leaves? If so, at what ratio to almond oil? Also, what medications should be avoided in conjunction with the use of this oil that promotes propecia?



**Carol L** – 2022-08-03 00:42:44

Which medicines and topical products shouldn't be used in conjunction with rose oil? I have never heard of any issues with rose oil...



**Carol L** - 2022-08-03 00:22:35

Totally agree. I actually cringed when I read "flower shop".



**Cynthia N** - 2022-08-02 21:26:27

Could I use grapeseed oil? Also, I keep rosehip oil & Rosemary oil on hand at all times. Couldn't I simplify the process by adding these instead?



**Cynthia N** - 2022-08-02 21:24:45

My question as well.



**Frank** - 2022-08-02 19:47:57

DIY Rosy "Rogaine" /would like to buy a bottle .



**Carol Foster** - 2022-08-02 19:47:23

Could you use a slow cooker or an electric simmer pot to heat the oil and roses, etc.?



**Frank** - 2022-08-02 19:42:38

Hello, can i buy one eyedrop bottle of stop Hair Loss With This DIY Rosy "Rogaine"





**AP** - 2022-08-02 19:38:37

You got your roses from a flower shop??? Huge warning, unless you can verify those flowers are organic. Cut flowers for displays (like what flower shops sell) are allowed massive pesticide use. Far more than the amounts allowed on food, and more toxic kinds too. I wouldn't use those petals for medicine. A better idea is searching for wild roses, growing your own bushes, or buying organic rose petals online or from a local trusted farm. Some places also offer organic rose powder. I've read florists even have a higher risk of cancer because of workplace exposure to so much toxicity, not to mention the rates among flower farm workers in Central and South America.



**Ania** - 2022-08-02 19:33:12

This will depend on what he sprayed it with. Check the ingredient list, look for active ingredients and research how long are they active for. Also on the 'instructions' part it should be written how often you should repeat the spraying - that would be indicator that it's not active any more. For our use purposes, I would wait few extra months on top of that.



**Lisa Germino** - 2022-08-02 18:44:23

Thank you!



**Ness** - 2022-08-02 18:38:25

I don't have a dehydrator, can I just use a good quality rose oil instead?



**Jacqui** - 2022-08-02 17:01:41

I believe jojoba oil would work just as well. It has the same PH as our skin and is less likely to cause a reaction.



**Krista Ransbottom** - 2022-08-02 16:48:51

I use castor oil in mine. Mix it right in with my shampoo. Rosemary and castor oil. Love the roses idea, tho!



**Juliette Lee** - 2022-08-02 14:36:40

Side question - what brand is that tabletop dehydrator?



**JULIETTE LEE** - 2022-08-02 14:35:51

Side question - what brand of dehydrator are you using?



**Lisa** - 2022-08-02 14:20:33

Hi, a quick question for the experts: we have a beautiful thriving Rosemary bush, unfortunately my father in law went loopy and sprayed it for some reason, unbeknownst to us, 5 months ago which made me so upset.. how long do we have to wait to use it again in your estimation? Thank you!



**Lisa Germino** - 2022-08-02 13:26:10

Can I use a different oil besides almond oil? My children are allergic to that and wouldn't want to cross contaminate anything in the house. Thanks