



EVERYTHING HERBAL

by Cheryl Jabz

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CLOVE HAIR GROWTH SPRAY

This version stays on your scalp longer, which may help stimulate circulation and support healthier hair growth.



INGREDIENTS

- 1–2 tablespoons whole cloves
- 1–2 sprigs fresh rosemary (or 1 teaspoon dried)
- 1 small cinnamon stick (optional)
- 2 cups water



PREPARATION

Add all ingredients to a pot with the water. Bring to a boil, then reduce heat and simmer for 15–20 minutes. Remove from heat, cover, and let it steep until fully cooled. Strain out all solids. Pour the liquid into a clean spray bottle.



HOW TO USE

Spray directly onto the scalp, especially thinning areas. Massage gently for 1–2 minutes. Use once or twice daily on dry or damp hair. Do not rinse out.



STORAGE

Keep in the refrigerator for up to 7–10 days. Shake before each use.

Hair Care Tip:

Patch test first and avoid contact with eyes.



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