



Everything Herbal
by Cheryl Jabz

Peppermint Oil for Itchy Scalp

Peppermint oil is a powerful natural remedy for an itchy scalp thanks to its anti-inflammatory, antimicrobial, and mild anesthetic properties. Its high menthol content delivers a cooling sensation that soothes irritation and provides fast relief from itching.

BENEFITS



Soothes Irritation: Menthol cools the scalp, helping reduce redness, inflammation, and discomfort.



Fights Dandruff: Its antifungal and antimicrobial properties help combat flakes caused by bacteria, yeast, or excess oil.



Stimulates Circulation: Increased blood flow to the scalp can support healthier hair follicles and overall scalp health.

HOW TO USE



Always dilute peppermint oil before applying to the scalp to prevent irritation. Mix 2–3 drops of peppermint oil with 1 tablespoon of a carrier oil (such as coconut or jojoba oil). Massage gently into the scalp. Leave on for 15–60 minutes (or overnight if well tolerated). Wash out thoroughly with shampoo.

TIPS



Use 2–3 times per week for best results. Perform a patch test before first use. Avoid contact with eyes and sensitive skin areas.



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