# Mission Possible

How to repair or regrow your hairline

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**Keep your scalp clean.**
Hair loss can be caused by dandruff. When scales on the scalp become encrusted with excess sebum, an oily substance, this can push hair follicles into a resting stage, resulting in thinning and baldness. Jojoba oil can clean debris from the hair follicles, stimulate cells in the scalp and accelerate growth.

**Massage your scalp.**
Rubbing your head increases blood circulation to the hair's roots. Try using fragrant coconut oil. It's said to keep bacteria from building up on the scalp; it also prevents hair loss and reduces protein loss in hair.

**Use oils that stimulate growth.**
Massage your scalp with a few drops of tea tree (which has antibacterial and antifungal properties), rosemary oil (which stimulates hair follicles) or jojoba oil. Lavender oil has healing and antibacterial properties and encourages hair growth. Fresh lavender or rosemary can be brewed like a tea to use as a rinse after shampooing.

**What about hair vitamins?**
Says Robert Dorin, DO, a hair specialist and restoration surgeon based in New York City: If you have a true deficiency in vitamins such as iron, biotin or vitamin D, proper supplementation can help hair grow fuller and at a more constant rate. But a deficiency should be determined by proper blood tests. "Unnecessary vitamins can build up in the body if they are not water soluble, and they could cause detrimental side effects," Dorin cautions.

In addition, avoid excessive styling and heat styling, tight hairstyles, styles that pull on the hair and excessive manipulation of the hair. Give tresses a rest with styles that don't need handling each day. Also, avoid harsh hair products, steer clear of stress, exercise, get enough sleep and eat a healthy diet.

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