

Flower power

These botanical beauties are our hair saviours! Read on to find out how and where to find them...

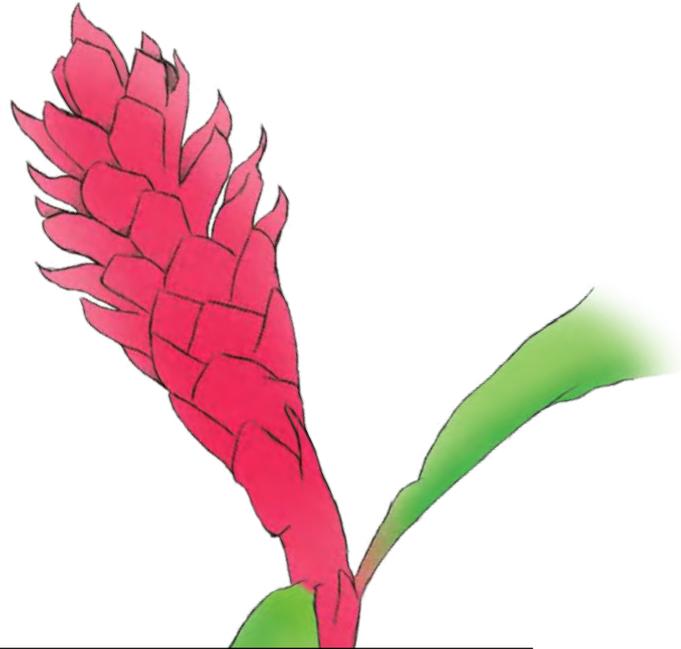
Hawaiian awapuhi

Also known as shampoo ginger or pinecone ginger, Hawaiian awapuhi is linked to the island's deity known as Kane. The awapuhi plant is used in cooking and the liquid inside the flower head can be used as a drink. It is also used for medical reasons, and can be used to heal ailments such as tooth and stomach ache. The clear, slimy liquid inside the flower heads is also excellent for softening and bringing shininess to the hair. Hawaiian women often use awapuhi after swimming, squeezing and massaging the flower juices into their hair and over their bodies.

As found in...

Paul Mitchell Awapuhi Shampoo, £12.95 (500ml)

A super-rich wash to improve the texture of the hair shaft and provide volume.



Lavender



As found in...



Ogario Restore and Shine Hair Masque, £28

Helps to combat the effects of chemical treatments, sun damage and styling for soft, shiny and manageable tresses.

Lavendula (lavender) is an essential oil that is regularly used in aromatherapy and bathing products due to its antiseptic and anti-inflammatory properties. Its use in health, beauty and medicine dates back to the days of Ancient Greece, when it was discovered that a strong perfume was released when the flowers were burned. Lavender oil promotes rest, sleep and relaxation, and for this reason is used as a relaxant to help regulate blood circulation in the body. This means benefits to the bloodflow supply to the scalp, promoting healthy hair growth. When properly applied to the hair or scalp, lavender oil also hydrates, moisturises and helps to ease itchy scalp conditions.

Rose

Rose oil has many therapeutic benefits and has long been associated with skincare regimes. It doesn't have to be restricted to skincare, though. Frequently using rose oil or products containing rose-water or rose-milk can give you effortlessly beautiful hair with amazing shine. Rose has many natural moisturising and nourishing qualities that help to recover the quality of your hair, meaning the flower is very helpful to those with coloured or chemically treated tresses. It also has many healing properties, and is useful in treating mild scalp inflammations and fungal infections like dandruff. Rose has even been linked to making the hair strands stronger and longer! Definitely a beneficial bloom!

As found in...



Lavera Repair & Care Shampoo with Organic Rose and Plant Keratin, £5.95

To nourish and strengthen dry, damaged hair.



Chamomile

As found in...



The word Chamomile comes from the Greek and Latin meaning “earth apple”. Popular medical uses of chamomile include treating hay fever, inflammation, muscle spasms, menstrual cramps, insomnia and stomach ache. A chamomile tea rinse brightens up blonde hair instantly. If combined with henna, it also makes natural highlights and adds a golden shimmer to dark hair. Chamomile is also highly effectual in preventing and eliminating dandruff and effectively soothes an irritated scalp.

Aveda Camomile Conditioner, £20.50
Adds golden tones to lighter shades of hair.

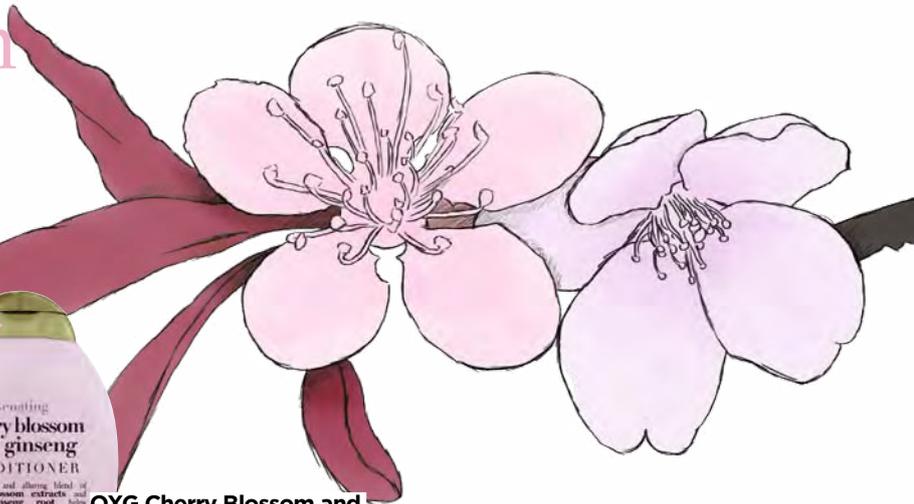
Cherry blossom

Cherry blossom is the flower of the Japanese cherry tree otherwise known as Sakura. In Japan, the trees are a symbol for the nature of life. Cherry blossoms are a prevalent symbol in Irezumi (the traditional art of Japanese tattoos), where they are often combined with other classic Japanese symbols like koi fish, dragons or tigers. The cherry blossom’s luxurious and refreshing scent makes it great for use in liquid and dry shampoos to freshen the scalp, add volume and revitalise the senses.

As found in...



OXG Cherry Blossom and Ginseng Shampoo and Conditioner, £5.99 each
Rejuvenates the scalp and hair follicles.



Sunflower

As found in...



Korres Sunflower & Mountain Tea Repairing Mask, £10
Protects colour and maintains shine.

The common sunflower is grown for its edible oil (frequently used in cooking) and seeds. It is also used as bird food and for industrial purposes. The name “sunflower” derives from the flower’s shape, which resembles the sun. It’s an old fable that sunflowers slowly turn their heads towards the sun as it moves across the sky on a daily basis. Sunflower oil is an emollient, meaning that it helps to lock in moisture, making it a wonderful moisturiser for dry hair due to its softening effects. Sunflower oil-based conditioners are great for the gentle conditioning of a greasy scalp.