

BYRDIE

Can Rosemary Water Boost Hair Growth? Experts Explain the Potential Benefits

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Hair is very personal, so it can be frustrating to deal with any type of hair concern, whether that be [scalp health](#), [hair loss](#), or early signs of thinning. Fortunately, there are [lots of options to help](#). Recently, rosemary water has received a lot of attention on social media, with claims that the ingredient can promote hair growth and lead to thicker and fuller hair. But is this true?

MEET THE EXPERTS

■ [Gabriela Soza, MD](#), is a board-certified dermatologist at PFRANKMD by Dr. Paul Jarrod Frank.

Who Should Use It?

However, [Soza](#) stresses that while rosemary water has some benefits, people with advanced hair loss may benefit from more intense hair loss treatments like 5% minoxidil. "While safe for all patients, I only recommend [rosemary water] if used in combination with a full treatment regimen from your dermatologist," she explains. "Rosemary water may or may not help with hair loss, and I would hate to see a patient lose hair and precious treatment time because they tried an ineffective at-home treatment for much too long." She confirms that there's no harm in using rosemary water alongside treatments recommended by your dermatologist.

How to Use It?

If you are reaching for rosemary water to help with hair growth, [Soza](#) suggests applying it topically twice a day with a spray bottle, focusing on your scalp rather than the ends of your hair. You can also apply it as a rinse after washing your hair.

Finally, [Soza](#) shares an important reminder: If you're making your own rosemary water, be sure to let the product cool completely before you apply it to your scalp.