

# Can CBD Oil Make Your Hair Grow?

Nicola Bridges April 25, 2019



CBD may be able to help you grow longer, healthier, silkier hair.

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Having a great hair day can make you feel so confident and in step with the world it's almost like a natural high. On the other hand, few things can ruin your day quite like finding an unexpected clump of hair in your hands when you take a shower. But whether you're looking to grow longer, silkier hair — or prevent it from falling out — the key may be the same: CBD oil.

This extract from the cannabis plant has revolutionized the beauty world, and it's sparked a "gold rush" for brands. In an effort to cash in on this new cultural phenomenon, they're cranking out an ever-increasing range of cannabis beauty products infused with CBD oil, some of which promise to deliver the hair of your dreams. These claims might be a bit breathless at times, but in general? They're backed by solid science.

## Why Is CBD Good for Your Hair?

The reason CBD is so good for your hair is because of the way it influences your endocannabinoid system (ECS), a network of receptors throughout the body that control a startling array of functions like mood, appetite, and skin health. Your body produces chemicals called endocannabinoids that help this system operate at peak efficiency, and the cannabis plant

produces chemicals that are nearly identical, called phytocannabinoids — of which cannabidiol (CBD) and tetrahydrocannabinol (THC) are the most well known.

Regardless of their source, cannabinoids have an exceptional range of health benefits. They can relieve stress, anxiety, and pain, and they're potent anti-inflammatories. They're also more effective antioxidants than old favorites like vitamin E, and they can regulate the production of oils like sebum that are essential for healthy skin and hair.

It's little wonder, then, that the list of CBD infused hair products grows longer by the day. It's not just CBD shampoo or CBD conditioner — salons are now experimenting with leave-in CBD hair treatments, and cannabinoid extracts are being added to gels, pomades, and other products meant to nurture and strengthen your hair follicles.

## How CBD Helps Your Hair Grow

Many CBD oils are rich in fatty acids, which are well known for their ability to help stimulate hair growth. While some of these can be produced within the body, others — especially omega-3 and omega-6 fatty acids — can only be derived from outside sources (hence the popularity of fish oil and other dietary supplements). By delivering concentrated doses of fatty acids directly to your scalp, CBD oil can help counter the effects of stress, illness, or genetics that keep hair from growing properly.

A large number of CBD products are also excellent sources of amino acids. These are known as the "building blocks of protein," and since proteins like collagen and elastin are what keep your hair healthy and strong, CBD oil can be a godsend for people whose hair is fine and prone to breakage.

But it's not just your follicles that will benefit from a dose of CBD. Here, it may be helpful to imagine a garden: if the soil is rich and hearty, then the flowers grown in it will be healthy and strong. However, if the soil is dry and crumbly ... you get the idea.

One of the biggest reasons that CBD is so effective at stimulating hair growth is because of its effects on the scalp itself. As mentioned before, it helps regulate the production of oils and the circulation of blood, and it also helps prevent excessive dryness (which can lead to dandruff and other unwanted conditions).

Essentially, CBD helps boost the factors that make your hair grow longer, stronger, and healthier, while simultaneously reducing the factors that impede its growth. And since it has no major side effects — psychoactive or otherwise — there's nothing that should hold you back from giving it a try.



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Nicola Bridges is an award-winning writer and editor who's covered health, wellness, and women's lifestyle for the past two decades. The former editorial director for Prevention.com and editor in chief of Working Mother, she is currently a regular contributor to *Parade Magazine* and The Fine Line where she writes about trends in modern health.