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Massages are proven to lower cortisol levels, but for a hair beautifying bonus, use a blend of lavender, thyme, cedarwood, and rosemary essential oils. Research published in the Archives of Dermatology found that 44 percent of subjects who did so had significantly thicker hair within seven months. *“All four oils act as antiseptics to fight the bacteria and yeast overgrowths that can cause hair loss, and the aroma of lavender has a relaxing effect,”* says Carolyn Dean, M.D., N.D., medical health adviser for Yeast-Connection.com.

One ready-made mixture to try:  
Stimulating Scalp Massage Oil,  
\$8 for 1 oz., at [naturesgift.com](http://naturesgift.com).