

Alopecia Areata

DNA Health Report

REPORT CATEGORIES —



INFLAMMATION &
AUTOIMMUNITY



SKIN & BEAUTY

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

Male

HEIGHT

5ft 5" 165cm

WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.



Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Alopecia areata is an autoimmune condition that causes hair to fall out in small, round patches. The immune system mistakenly attacks hair follicles, leading to hair loss. This condition can affect anyone regardless of age and gender, though most cases occur before the age of 30. Alopecia areata may result in a few bare patches, total scalp hair loss (*alopecia totalis*), or complete body hair loss (*alopecia universalis*) [R].

The main symptom of alopecia areata is the sudden loss of hair in small, round patches that can affect the scalp or other parts of the body such as the beard. There may also be changes like pitting or white spots on the nails, while the skin of the affected area typically shows no other signs.

Risk Factors and Management

 PERSONALIZED TO GENES

Your genetic profile suggests an average risk for alopecia areata, an autoimmune condition causing patchy hair loss. This condition has a moderate genetic influence (about 40% heritable) with strong environmental triggers [8].

Risk factors for alopecia areata include:

- Family history of alopecia areata or other autoimmune conditions.
- Having another autoimmune disorder, such as thyroiditis or vitiligo.
- Certain genetic markers related to the immune system.
- Stress, which may trigger or exacerbate the condition.

Alopecia areata has a strong genetic component, and multiple genes are involved, especially those linked to the immune system and inflammatory processes. People with a family history of autoimmune diseases are at a higher risk.

Currently, there's no known way to prevent alopecia areata. Managing stress and leading a healthy lifestyle might help reduce the risk of exacerbations.

The condition has no cure but hair often regrows on its own without treatment within a year. Treatments that can promote a faster hair growth include:

- Topical corticosteroids
- Topical immunotherapy
- Minoxidil
- Platelet-rich plasma injections



TYPICAL LIKELIHOOD

Typical based on 42 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
PPARGC1A	rs16873952	AA
NTM	rs11600229	AA
CPVL	rs505532	TT
/	rs1431704	CT
REELD1	rs9997120	CC
ITPR2	rs10506012	GG
HLA-DQA2	rs9275572	AG
ARHGAP42	rs11224294	CT
DISP3	rs3099624	CC
BBS12	rs7664318	AG
HLA-DQA2	rs9268528	GA
ST8SIA5	rs9952976	AA
CCDC24	rs304303	TG
ST3GAL3	rs4660260	TC
B3GAT1	rs10791360	AA
CSMD1	rs718121	CT
NUP35	rs13409979	GA
KCNU1	rs10503991	AG
DPYSL4	rs9419187	CT
RBBP8	rs9954649	AG
DOCK5	rs2979742	CT
TERF1	rs4738296	AA
CXXC4	rs7657799	TT
TFF3	rs9982439	TT
RDH14	rs2345724	AA
IQSEC3	rs2270797	CC
RNF5	rs3115553	CC
UVSSA	rs4130791	GG
SRRM4	rs12228387	GG
UNC5C	rs17023881	CC
LDLRAD3	rs16928055	TT
LIPA	rs17479692	TT
BRD4	rs11666141	TT

GENE	SNP	GENOTYPE
CRIM1	rs2666138	AA
LURAP1L	rs7022183	TT
APOLD1	rs2110597	AA
OPCML	rs11223339	GG
ARHGAP42	rs1216476	AA
ACOX1	rs12430	GG
FNDC3B	rs6414541	TT
SNX2	rs2125856	TT
NUDT6	rs304650	TT
APCDD1	rs7228576	CC
UBE2E2	rs1692617	GG
HSD17B3	rs10512241	CT
PGM5	rs7036795	TT
ZNF217	rs2766671	CC
DCBLD1	rs916305	CC
DPH5	rs12403551	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Infrared Light Therapy	2	Relaxation Techniques30 minutes
3	Topical Vitamin D	4	Zinc15 mg
5	Maintain Optimal Vitamin D Levels1000 iu	6	Microneedling
7	Topical Onion	8	Topical Garlic
9	Aromatherapy30 minutes	10	Mindfulness-Based Stress Reduction (MBSR)2 hours
11	Topical Rosemary Oil	12	Cognitive-Behavioral Therapy (CBT)
13	Scalp Massage5 minutes	14	Dietary Omega-3 Fatty Acids
15	Vitamin D and Calcium		

1



Infrared Light Therapy

IMPACT

3 / 5

EVIDENCE

3 / 5

Description

Infrared light therapy is a type of light therapy that uses infrared light to improve circulation, reduce pain, and promote healing. It has been shown to be effective in treating a variety of conditions, including arthritis, chronic pain, and wound healing.

How it helps

A meta-analysis of 36 studies and 966 patients concluded that photobiomodulation therapy with infrared light improves both alopecia areata and male-pattern hair loss [\[R\]](#).

2



Relaxation Techniques

IMPACT3 / 5

EVIDENCE2 / 5

How to implement

Incorporate relaxation techniques such as deep breathing exercises, meditation, or yoga into your daily routine. Spend at least 15-30 minutes each day practicing one of these techniques, preferably in a quiet, comfortable space without interruptions.

TYPICAL STARTING DOSE

30 minutes

Description

Relaxation techniques encompass various methods like deep breathing, yoga, meditation, and progressive muscle relaxation, aimed at reducing stress and promoting mental and physical relaxation. Practicing these techniques regularly can help manage stress, improve mental clarity, and enhance overall emotional well-being.

We all get stressed from time to time.

[Stress](#) can help you deal with a challenge or avoid danger. However, **it’s not healthy to be stressed for a long time** [\[R, R\]](#).

Relaxation techniques such as [yoga](#) and [meditation](#) can relieve stress in different ways. Most of them focus on breathing and help you get rid of negative thoughts and emotions [\[R\]](#).

People use relaxation techniques to improve conditions like [\[R, R, R\]](#):

- Anxiety
- Depression
- Chronic pain

Progressive muscle relaxation is another relaxation technique. In this technique, you focus on tensing and relaxing different parts of your body. It is common to start with the toes and slowly work your way up to the neck and head [\[R, R\]](#).

Autogenic training is a relaxation technique that a person may carry out on their own. It uses exercises that take the mind’s attention to bodily sensations such as warmth and heaviness [\[R, R\]](#).

How it helps

Relaxation techniques can ease stress and improve overall well-being, which might help in cases where stress triggers alopecia areata.

Stress is a well-known trigger of alopecia areata and diffuse hair loss. In turn, hair loss can be a source of stress, creating a vicious cycle. Try to reduce stress by taking up a relaxing hobby (such as [yoga](#) or [meditation](#)) or seeking professional help [\[R, R, R, R\]](#).



PERSONALIZED TO YOUR GENES

The [CTLA4](#) gene helps make a crucial protein for the development of [regulatory T cells](#) (“Tregs”). These cells prevent excessive immune response and may thus protect against autoimmune disorders such as *alopecia areata* [[R](#), [R](#), [R](#), [R](#)].

Your genotype for [rs231775](#) (‘GG’; *homozygous minor*) has been associated with higher odds of alopecia areata. It likely suppresses Tregs by reducing *CTLA4* activity [[R](#)].

[Stress](#) may lower the production of Tregs that display CTLA-4 on their surfaces [[R](#)].

>>> To learn more about the link between the *CTLA4* gene and hair loss, check out the full SelfDecode blog post [here](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
CTLA4	rs231775	AG	

3



Topical Vitamin D

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Apply a vitamin D infused cream, lotion, or oil directly to your skin, focusing on areas that are most often exposed to sunlight, such as your face, arms, and legs. Use the product daily, preferably after showering to enhance absorption, for at least several months to notice skin health improvements.

Description

Topical vitamin D formulations are used to address skin conditions like psoriasis and support overall skin health. While vitamin D is naturally synthesized by the body when exposed to sunlight, topical vitamin D preparations are typically synthetic.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control
- Skin health

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. People lacking vitamin D should consider taking a supplement [\[R\]](#).

Health professionals recommend topical vitamin D for some skin conditions [\[R\]](#).

How it helps

In one study, applying a topical vitamin D derivative (*calcipotriol*) caused partial hair regrowth in 75% of people with alopecia areata, and full regrowth in 27%. This treatment was as effective as UVB radiation in another trial [\[R\]](#), [\[R\]](#).



PERSONALIZED TO YOUR GENES

The [CTLA4](#) gene helps make a crucial protein for the development of [regulatory T cells](#) (“Tregs”). These cells prevent excessive immune response and may thus protect against autoimmune disorders such as *alopecia areata* [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for [rs231775](#) (‘GG’; *homozygous minor*) has been associated with higher odds of alopecia areata. It likely suppresses Tregs by reducing *CTLA4* activity [\[R\]](#).

[Vitamin D](#) may boost the production of CTLA-4 and the development of regulatory T cells [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

>>> To learn more about the link between the *CTLA4* gene and hair loss, check out the full SelfDecode blog post [here](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
CTLA4	rs231775	AG	

4



Zinc

IMPACT

2 / 5

EVIDENCE

2 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

One study associated patchy and diffuse hair loss with low blood zinc levels. The authors suggested that disturbed zinc metabolism played a crucial role in these conditions [\[R\]](#).

In line with this, zinc supplementation may improve both conditions in people with zinc deficiency. In a trial of 73 women complaining of hair loss, zinc was especially effective when combined with [pantothenic acid](#) [\[R\]](#), [\[R\]](#), [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The [HLA-DQA2](#) gene makes a protein on [white blood cells](#). HLA proteins flag harmful external components and stimulate immune responses against them. Increased activity of HLA proteins may contribute to *alopecia areata* and other autoimmune conditions [\[R\]](#), [\[R\]](#), [\[R\]](#).

Your genotype for [rs9275572](#) ('GG'; *homozygous major*) has been associated with significantly higher odds of alopecia areata. It may increase *HLA-DQA2* activity [\[R\]](#).

[Zinc](#) deficiency may contribute to HLA-related inflammation. People with alopecia areata and other hair loss types tend to have low zinc levels, and they may benefit from zinc supplementation. In women complaining of hair loss, zinc was especially effective when combined with [pantothenic acid](#) (vitamin B5) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

>>> To learn more about the link between the *HLA-DQA2* gene and hair loss, check out the full SelfDecode blog post [here](#).

YOUR GENETIC VARIANTS			
GENE	SNP	GENOTYPE	EVIDENCE
HLA-DQA2	rs9275572	AG	

5



Maintain Optimal Vitamin D Levels

IMPACT2 / 5

EVIDENCE2 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE
1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R, R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Low vitamin D levels correlate with increased incidence, severity, and duration of alopecia areata [\[R, R, R, R\]](#).

Vitamin D plays a role in the production of new hair follicles.



PERSONALIZED TO YOUR GENES

The [CTLA4](#) gene helps make a crucial protein for the development of [regulatory T cells](#) (“Tregs”). These cells prevent excessive immune response and may thus protect against autoimmune disorders such as *alopecia areata* [\[R, R, R, R\]](#).

Your genotype for [rs231775](#) (‘GG’; *homozygous minor*) has been associated with higher odds of alopecia areata. It likely suppresses Tregs by reducing *CTLA4* activity [\[R\]](#).

[Vitamin D](#) may boost the production of CTLA-4 and the development of regulatory T cells [\[R, R, R, R\]](#).

>>> *To learn more about the link between the CTLA4 gene and hair loss, check out the full SelfDecode blog post [here](#).*

The [HLA-DQA2](#) gene makes a protein on [white blood cells](#). HLA proteins flag harmful external components and stimulate immune responses against them. Increased activity of HLA proteins may contribute to *alopecia areata* and other autoimmune conditions [\[R, R, R\]](#).

Your genotype for [rs9275572](#) (‘GG’; *homozygous major*) has been associated with significantly higher odds of alopecia areata. It may increase *HLA-DQA2* activity [\[R\]](#).

[Vitamin D](#) may combat autoimmune inflammation by reducing HLA activity [\[R, R, R\]](#).

>>> *To learn more about the link between the HLA-DQA2 gene and hair loss, check out the full SelfDecode blog post [here](#).*

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
CTLA4	rs231775	AG	
HLA-DQA2	rs9275572	AG	



6



Microneedling

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To implement microneedling as a lifestyle recommendation for skin rejuvenation or scar treatment, use a dermaroller or microneedling device with needles of 0.2 to 1.0 mm in length, depending on the treatment area and sensitivity of your skin. Gently roll the device over the target area in a criss-cross pattern, ensuring to cover all desired areas, typically once every 2 to 4 weeks. Cleanse the skin and device before and after each use to prevent infection.

Description

Microneedling is a minimally invasive procedure that uses tiny needles to create tiny punctures in the skin. This can help to stimulate collagen production, improve skin texture, and reduce the appearance of scars.

How it helps

Studies on alopecia areata treatments compared fractional CO2 laser and microneedling with triamcinolone acetonide, showing both improved SALT scores and dermoscopic findings. Microneedling was more effective [\[R\]](#).

Another study of 75 patients with alopecia areata compared microneedling alone, microneedling with topical vitamin D3, and microneedling with bimatoprost. All groups reduced SALT scores, with vitamin D and bimatoprost groups showing better initial regrowth, but no significant difference after 3 months [\[R\]](#).

In a study of 80 mild scalp alopecia areata patients, cryotherapy and microneedling had similar effectiveness, with microneedling having a higher SALT score change percentage [\[R\]](#).

Lastly, a study with 30 patients compared laser and microneedling with triamcinolone acetonide, finding no significant difference except for more black dots in microneedling. After 12 weeks, the laser group had 13.3% terminal hair regrowth, while the microneedling group had none. Both methods were similarly effective in treating resistant alopecia areata [\[R\]](#).

7



Topical Onion

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

To use Topical Garlic, simply apply a small amount of the juice to the affected area and let it dry. You can repeat this process several times a day until the condition improves. Topical Garlic is generally safe for most people to use, but it is important to test it on a small area of skin before using it on a larger area.

Description

Topical onion is a natural remedy that has been used for centuries to treat a variety of skin conditions, including eczema, psoriasis, and acne. It is also being studied as a possible treatment for hair loss.

How it helps

A study compared the effectiveness of topical crude onion juice versus tap water for patchy alopecia areata. After two weeks, 73.9% of onion juice-treated patients experienced hair regrowth, significantly higher than the tap water group (13%). Males showed better results [\[R\]](#).

8



Topical Garlic

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Crush or mince fresh garlic and mix it with a carrier oil, like olive or coconut oil, to dilute its strength. Apply this mixture directly to the affected area of the skin, leave it on for about 20 minutes, then rinse off. Repeat this process daily for up to 2 weeks or until you see improvement.

Description

Garlic is a topical application derived from the garlic bulb, known for its potential antibacterial and anti-inflammatory properties. It is commonly used for skin issues like acne and fungal infections due to its main compound, allicin, and its origins can be traced back to the Allium plant family.

[Garlic](#) is a vegetable often used to flavor food. It’s been a part of traditional medicine for thousands of years [\[R\]](#).

Today, people take garlic to help control their blood pressure and cholesterol [\[R\]](#).

The active component in garlic is called *allicin*.

How it helps

In a study of people with alopecia areata, a topical garlic gel (applied twice daily for 3 months) significantly improved hair growth when added to standard treatment [\[R\]](#).

 PERSONALIZED TO YOUR GENES

The [LRRC32](#) gene controls the conversion of immature T cells into [regulatory T cells](#) (“Tregs”) and [Th17](#) cells. In people with *alopecia areata*, the ratio of Th17 cells to Tregs is biased toward Th17, which contributes to inflammation and autoimmunity [\[R, R, R, R, R, R, R\]](#).

Your genotype for [rs2155219](#) (‘TT’; *homozygous major*) correlates with higher odds of alopecia areata. It likely suppresses Tregs and stimulates Th17 cells by altering *LRRC32* activity [\[R\]](#).

[Garlic](#) may reduce the ratio of Th17 cells to Tregs [\[R, R, R\]](#).

>>> To learn more about the link between the *LRRC32* gene and hair loss, check out the full SelfDecode blog post [here](#).

YOUR GENETIC VARIANTS

GENE	SNP	GENOTYPE	EVIDENCE
LRRC32	rs2155219	GT	

9



Aromatherapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Select essential oils like lavender, peppermint, or eucalyptus. Use a diffuser to disperse the scent into your room for 30-60 minutes at a time, up to 3 times a day. Alternatively, apply a few drops diluted in a carrier oil directly to your skin, such as on your temples or wrists, twice a day.

TYPICAL STARTING DOSE

30 minutes

Description

Aromatherapy is a holistic practice that uses the scents and aromas of essential oils to promote physical, mental, and emotional well-being. It is often used for relaxation, stress reduction, and to address various health concerns through inhalation or topical application of essential oils.

Aromatherapy uses concentrated plant extracts known as **essential oils**. They can be inhaled using a diffuser (a device that releases small amounts of oil into the air) or applied to the skin using a roller [\[R\]](#).

[Lavender](#) is a decorative flower and a calming herb and its essential oil is commonly used in aromatherapy. People use it to [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Reduce anxiety [\[R\]](#)
- Improve sleep quality [\[R\]](#), [\[R\]](#)
- Relieve pain [\[R\]](#), [\[R\]](#)

Essential oils can be harmful if not used properly. Tips for using them safely include [\[R\]](#), [\[R\]](#):

- Diluting them properly using a plant-based carrier oil (such as olive oil or almond oil)
- Using diffusers in a well-ventilated area for a maximum of 1 hour
- If using on the skin, testing a small area first and waiting a day before using more
- Keeping essential oils away from candles or other heat sources

How it helps

In a placebo-controlled trial of 86 patients with alopecia areata, aromatherapy massage with thyme, rosemary, lavender, and cedarwood essential oils improved the condition in 44% of the patients [\[R\]](#).

10



Mindfulness-Based Stress Reduction (MBSR)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Enroll in an 8-week MBSR course, which includes a weekly 2.5-hour class, one all-day class after the sixth week, and 45 minutes of daily home practice guided by assignments and instructional recordings.

TYPICAL STARTING DOSE
2 hours

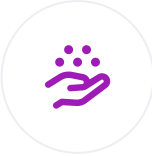
Description

Mindfulness-Based Stress Reduction (MBSR) is a structured program that teaches mindfulness techniques to reduce stress and improve overall mental and emotional health. MBSR has been shown to help individuals cope with chronic pain, anxiety, and other stress-related conditions.

How it helps

MBSR can help reduce stress and anxiety, which are common triggers for alopecia areata. Reducing these emotional stresses can potentially minimize the severity of hair loss episodes.

11



Topical Rosemary Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply 2-3 drops of rosemary oil mixed with a carrier oil, such as coconut or almond oil, to the affected area of the scalp. Massage gently for a couple of minutes to ensure absorption. Do this twice daily, in the morning and before bedtime, for at least six months to observe potential improvements in hair growth and scalp health.

Description

[Rosemary](#) is an herb native to the Mediterranean region. It is often used in food and fragrances [\[R\]](#).

It may also help support [\[R\]](#), [\[R\]](#):

- Pain relief
- Mental health
- Memory

Rosemary oil is found in some topical products for hair growth [\[R\]](#).

How it helps

Rosemary oil can help in alopecia areata treatment by enhancing cellular metabolism which stimulates hair growth. It's known for its ability to improve blood circulation to the scalp.

12



Cognitive-Behavioral Therapy (CBT)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Schedule weekly sessions with a certified cognitive-behavioral therapist for a period of 5 to 20 weeks. Engage actively in exercises assigned by your therapist both during sessions and as homework to apply CBT strategies to daily life.

Description

Cognitive-behavioral therapy (CBT) is a psychotherapeutic approach that has been effective in treating various mental health conditions by helping individuals identify and change negative thought patterns and behaviors. It is widely used for conditions like depression, anxiety, and phobias.

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [\[R\]](#).

Talk therapy is a great way to improve many conditions, including [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Depression
- Anxiety disorders
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

Cognitive-behavioral therapy (CBT) is a type of talk therapy. CBT aims to change the way you think about your life and yourself. Through CBT, a therapist can help you develop healthy coping mechanisms [\[R\]](#).

How it helps

CBT can help individuals manage stress, anxiety, and depression, which are known to contribute to the occurrence and progression of alopecia areata. Better emotional regulation can help reduce the frequency and severity of hair loss.

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Scalp Massage

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Use your fingertips to gently massage your scalp in a circular motion for at least 5 minutes daily. This can be done either with dry hair or while washing your hair with shampoo.

TYPICAL STARTING DOSE

5 minutes

Description

Scalp massage refers to the act of rubbing, kneading and applying pressure to the skin of the head with the fingers and hands. It helps not just to relax your mind, but can also improve blood flow to your head and neck area. This can potentially boost your hair growth, relieve headaches and even reduce stress levels.

How it helps

Scalp massage may increase blood flow to the hair follicles, which can promote hair growth and health.

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Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

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How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids have anti-inflammatory properties that might be beneficial in managing autoimmune diseases like alopecia areata.

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Vitamin D and Calcium

IMPACT

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EVIDENCE

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How to implement

Take 600 IU of vitamin D and 1000 mg of calcium daily. For adults over 70 years, the vitamin D intake should be increased to 800 IU daily. These supplements can be taken together or separately, usually with a meal to enhance absorption, and it is advisable to continue this regimen as part of your daily routine indefinitely unless advised otherwise by a healthcare provider.

Description

Vitamin D plus calcium supplements typically combine vitamin D, often sourced from sunlight exposure or dietary sources, with calcium, primarily found in dairy products and leafy greens. This combination is used to promote bone health, reduce the risk of osteoporosis, and support overall musculoskeletal well-being.

How it helps

Vitamin D plays a role in hair follicle cycling, and deficiency has been linked to alopecia areata. Calcium supports the overall health of your bones and tissues. Supplementing with vitamin D can help improve hair growth in those deficient in this nutrient.

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

