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### INFORMATION ON ONION MASK FOR ALOPECIA AREATA

#### What is an onion mask?

- Onions are on the list of treatments that work in alopecia areata. That's not to say they are at the top of the list. But the onion made it on the list.
- A 2002 study compared the benefits of onion extract in 23 patients with alopecia areata and compared it to 15 patients who used placebo (tap water). Participants applied it twice daily for 2 months. At the end of 2 months, 86.9 % of participants had regrowth compared to just 13% (2 of 15) using tap water.
- Onion juice is a consideration for patients looking for simple treatments for alopecia areata. This study of course is small and has not been repeated. How best to prepare the onion extract, which onions are best to use, how often and what exact dosing schedule remain to be determined. Other similar vegetables such as garlic may also benefit.

#### How is onion juice prepared?

- We general recommend an Australian brown onion, but if not available, a red or white can be used. The skin is peeled off and the onion chopped into small pieces. The juice is obtained from a standard 'juicer' and stored in the refrigerator. 1 tsp of lemon juice is added to every 100 mL of onion juice.

#### How is Essential Oil Stock Prepared?

- The Essential Oil Stock is prepared by adding the following to 100 mL of jojoba oil (carrier oil)
  - 1 mL lavender
  - 1 mL thyme
  - 1 mL cedarwood oil
  - 1 mL rosemary

### **How are these two solutions used for treating alopecia areata?**

- One may add the onion juice directly to the scalp twice daily or prepare the following mixture:
  - Mix 5 mL of onion juice mask with 5 mL Essential Oil Stock.
- Whichever is used, it should first be applied 5 minutes and then washed off with shampoo. If there is no particular reaction or concern, it can be applied the next day for 15 minutes and then washed off. If there is no particular reaction or concern, it can be applied the next day for 30 minutes and then washed off. If there is no particular reaction or concern, it can be applied the next day for 1 hour and then washed off. If there is no particular reaction or concern, it can be applied the next day for 2 hours and then washed off. If there is no particular reaction or concern, it can left on overnight. A second application can be done in the morning for 30-60 minutes.

### **Who should not use onion juice?**

- Anyone who is allergic to onion juice or any of the essential oils

### **What side effects are possible with onion juice or essential oils?**

- Dry skin
- Irritation
- Itching
- Blisters
- Allergic reactions
- One must never get these solutions in the eyes or ears

