

*longer
beautiful
locks,
You*



8 STEPS TO HEALTHIER, HAPPIER HAIR

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1. Wash when needed

If your hair needs washing, just wash it. You can't train your hair to be less oily. It's in your genetics. Coating your scalp with copious amounts of dry shampoo is only going to cause scalp irritation further down the line.

2. Hydration is Key.

Just like your body needs water, your hair needs moisture! Use a good conditioner and a weekly deep conditioning treatment to keep your strands soft, shiny, and healthy.

3. Turn Down the Heat

We get it, heat styling is fun, but too much of it can lead to breakage and frizz. If you must use heat, always apply a heat protectant and keep your tools on a lower setting, especially if you have fine hair.

8. Always shampoo twice

Always make sure to shampoo your hair twice. The first shampoo opens the cuticle to clear oil and dirt, the second makes sure the hair is clean. Always follow with a conditioner to smooth the cuticle back down.

4. Trim the Split Ends

Holding on to split ends causes more damage to your hair. Regular trims prevent split ends from traveling up the hair shaft and causing more breakage. A trim every 6-8 weeks will keep your hair looking fresh and healthy.

8 Step Guide TO HEALTHIER HAPPIER HAIR

7. Scalp Care Matters

Healthy hair starts at the scalp. Use a clarifying shampoo once a week to lift up stubborn oil and dry skin off the scalp. Follow with a hydrating conditioner and an oil that suits your hair type.

6. Be Gentle When Brushing

Our hair is very fragile when wet. Ripping through tangles with a regular brush is a big no-no. Use a wide-tooth comb or a detangling brush, starting from the ends and working your way up.

5. Ditch the Harsh Chemicals

Check the ingredients list! Avoid products with sulfates, parabens, and alcohols that can dry out and damage your hair. Opt for natural or gentle formulas instead.

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BONUS TIPS

1. Do NOT leave oil on your scalp



Excess oil can mix with sweat, dirt, and dead skin cells, leading to clogged pores. This can result in scalp acne, irritation, and even hair follicle blockage, which may hinder hair growth. Oil can create a humid environment that encourages yeast overgrowth, leading to flaky, itchy scalp issues. Always wash out if using as a pre-wash treatment.



2. Choosing the right hair ties

Poor-quality or overly tight hair ties can cause breakage, split ends, and traction alopecia by pulling too hard on the hair shaft. Elastic bands with metal clasps can snag and weaken strands, leading to unnecessary shedding. Opting for gentle, snag-free options like silk scrunchies, coil hair ties, or fabric-covered elastics helps reduce tension, minimize breakage, and keep hair secure without causing stress to the scalp.

3. Scalp Massage for Better Growth



Regularly massaging your scalp (using your fingertips or a scalp brush) stimulates blood circulation, promoting hair growth and overall scalp health. Doing this for a few minutes daily can improve hair thickness and reduce stress-related shedding. Always use light pressure when massaging to avoid follicle damage.



4. Sleep on a Silk or Satin Pillowcase

Cotton pillowcases create friction that can lead to hair breakage, frizz, and dryness. Switching to a silk or satin pillowcase helps retain moisture, reduce tangles, and keeps hair smooth while you sleep.

5. Avoid Touching Your Hair Too Much



Constantly running your fingers through your hair or playing with it can transfer dirt and oils from your hands, making your hair greasy and prone to breakage. Try to keep hands off to maintain a cleaner and healthier scalp.