

# HairCare Pro

This prescription is made for Harry

Recommended Wash Frequency: 1-2 times a week

## Ingredients:

- Hyaluronic Acid: Look for shampoos, conditioners, and leave-in treatments containing hyaluronic acid. Apply from mid-length to ends on damp hair.
- Argan Oil: Use a few drops of argan oil as a serum on damp or dry hair, focusing on the ends.

## Tips:

- Use a gentle, sulfate-free shampoo formulated for dry hair.
- Always use a moisturizing conditioner and consider a deep conditioning treatment once a week.
- Avoid hot water when washing your hair, as it can strip away natural oils.
- Limit heat styling and use a heat protectant spray when you do.
- Consider a boar bristle brush to help distribute natural oils from scalp to ends.