

HairCare Pro Prescription

For: baba

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Wash Frequency: 1-2 times per week

Tips:

- Use lukewarm water when washing your hair, as hot water can strip natural oils and further dry out your hair.
- Use a gentle, sulfate-free shampoo specifically formulated for dry hair.
- Deep condition your hair weekly with a moisturizing hair mask.
- Minimize heat styling as much as possible. If you must use heat, apply a heat protectant spray beforehand.
- Consider using a silk or satin pillowcase to reduce friction and prevent breakage.