

Your Hair Care Prescription

Recommended Wash Frequency: 1-2 times per week

Ingredients:

- Hyaluronic Acid: Look for shampoos, conditioners, and leave-in treatments formulated with hyaluronic acid. Apply it from mid-lengths to ends of damp hair.
- Argan Oil: Use argan oil as a pre-wash treatment, a leave-in serum, or add a few drops to your conditioner. Apply it from mid-lengths to ends.

Tips:

- Use lukewarm water when washing your hair, as hot water can strip natural oils.
- Consider a boar bristle brush to help distribute natural oils from scalp to ends.
- Deep condition weekly with a hydrating hair mask.
- Avoid overusing heat styling tools. If you must use heat, apply a heat protectant spray.
- Get regular trims to prevent split ends, which can make hair appear dull.