

HairCare Pro Prescription

For: baba

- Hyaluronic Acid: Look for shampoos, conditioners, and leave-in treatments containing hyaluronic acid. Apply from mid-length to ends of hair.
- Glycerin: Similar to hyaluronic acid, glycerin can be found in many hair products. Apply it from mid-length to ends.
- Avocado Oil: Use avocado oil as a pre-shampoo treatment. Apply it to dry hair, focusing on the ends, and leave it on for at least 30 minutes before washing.

Wash Frequency: 1-2 times per week

Tips:

- Avoid using hot water to wash your hair, as it can further strip away natural oils.
- Use a gentle, sulfate-free shampoo specifically designed for dry hair.
- Always follow shampoo with a moisturizing conditioner.
- Deep condition your hair weekly with a product designed for dry or low-porosity hair.
- Minimize heat styling as much as possible.
- Consider using a silk or satin pillowcase to reduce friction and prevent moisture loss.