

Your Hair Care Prescription

Recommended Wash Frequency: 1-2 times per week

Ingredients:

- Hyaluronic Acid: Look for shampoos, conditioners, and leave-in treatments containing hyaluronic acid. Apply from mid-length to ends of hair.
- Argan Oil: Use a few drops of argan oil as a pre-wash treatment, leave-in conditioner, or styling serum. Apply from mid-length to ends.

Tips:

- Use lukewarm water when washing your hair, as hot water can strip natural oils.
- Consider a boar bristle brush to distribute natural oils from scalp to ends.
- Avoid using heat styling tools frequently. Opt for heatless styling methods when possible.