

HairCare Pro Prescription

For: Nisha

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

Wash Frequency: 1-2 times per week

Tips:

- Use lukewarm water when washing, as hot water can further strip natural oils.
- Gently massage your scalp while washing to promote blood circulation and distribute natural oils.
- Consider a boar bristle brush to help distribute oils from scalp to ends for added shine.
- Avoid overusing heat styling tools, as this can lead to further dryness and dullness.