## HairCare Pro

## This prescription is made for Harry

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-lengths to ends of hair.
- Argan Oil: Use a few drops of argan oil as a pre-wash treatment, or apply to damp hair as a leave-in serum.
- Glycerin: Look for glycerin in hair products, or use a glycerin-based hair mask. Apply from mid-lengths to ends, avoiding the scalp.

## Tips:

- Use lukewarm water when washing your hair, as hot water can strip natural oils.
- Use a gentle, sulfate-free shampoo specifically designed for dry hair.
- Deep condition weekly with a moisturizing hair mask.
- Avoid using heat styling tools frequently.
- Use a boar bristle brush to distribute natural oils from scalp to ends.