

# HairCare Pro

This prescription is made for Harshad

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 hair serum before styling or as an overnight treatment.

## 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 overusing heat styling tools. Opt for heatless styling methods when possible.
- Use a deep conditioning mask weekly to combat dryness and enhance shine.