

# HairCare Pro Prescription

For: baba

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Wash Frequency: 1-2 times per week

Tips:

- Use a gentle, sulfate-free shampoo specifically designed for dry hair.
- Always use a conditioner, focusing on the mid-lengths and ends.
- Deep condition weekly with a hydrating hair mask.
- Avoid using hot water when washing and rinsing hair.
- Minimize heat styling as much as possible.
- Consider using a silk or satin pillowcase to reduce friction and moisture loss.