

# HairCare Pro Prescription

For: Harshad

- Hyaluronic Acid: Look for shampoos, conditioners, and leave-in treatments containing hyaluronic acid. Apply from mid-lengths to ends on damp hair.
- Argan Oil: Use a few drops of argan oil as a pre-wash treatment, leave in for at least 30 minutes, then wash and condition as usual. Alternatively, use a few drops as a finishing serum on dry hair to tame frizz and boost shine.

Wash Frequency: 1-2 times a week

## Tips:

- Use lukewarm water when washing your hair, as hot water can strip natural oils and worsen dryness.
- Limit the use of heat styling tools. If you must use heat, apply a heat protectant spray beforehand.
- Consider using a boar bristle brush, which can help distribute natural oils from the scalp down the hair shaft, promoting shine.
- Get regular trims to prevent split ends, which can make hair appear dull and unhealthy.