



Hair Care Tips

1

Shampoo: Use a clarifying shampoo with tea tree oil or charcoal.

2

Conditioner: Lightweight formulas with keratin

3

Scalp Treatment: Massage scalp with castor or rosemary oil 2x a week.

4

Diet: Increase protein intake (eggs, nuts, spinach).

5

Avoid: Heavy creams and over-conditioning.



Routine for Hair Fall / Thinning Hair