

**ATTENTION: If you have great hair or you need to maintain yours, This information is for you**

# **The TWO SHOCKING Items in your House That Cause Itching and Flaky Scalp (plenty Dandruff)**

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## Introduction

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Your home is where you are safe, comfortable and relaxed. Two items in your house however are home for the things responsible for that embarrassing non-stop itching and flaky scalp. You most likely know these items already, but possibly do not understand how they cause your hair problems.

### 1. YOUR PILOW CASE

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Your pillowcase is not so different from your underwear! And you should treat it like your underwear!

Your underwear is normally worn in direct contact with your skin, unlike most other clothing. Likewise, the pillowcase applies the same amount of pressure and contacts your skin directly when you rest your head on it to sleep.

While you slept, your sweat will wet the pillow making it damp and may likely not dry up completely before the next night you want to lie on the bed. Because your windows will be shut as you got to work and for security reasons or to avoid rain.

Within this short period, your damp pillowcase becomes a medium for pathogenic cultivation - Fungi and Bacteria begin to manifest.

And look like this



**Intertrigo** is a fancy name for a rash that shows up between the folds of skin. It is a very common skin rash that can crop up throughout life.

The most common areas affected include larger skin-fold areas such as:

- Armpits
- Beneath the breasts
- Genital area
- Abdomen

Fungi appears to be an associated factor for many conditions of the skin including yeast infection and Intertrigo; which also is responsible for the formation of molds in food and humid cloths in the wardrobe.

**Therefore, resting your head on the same pillow case all through the night, with the previous nights' sweat and drools, is more than enough for the cultivated pathogens to infect and inhabit your hair for as long as you continue to use the pillow case despite any treatment you indulge in.**

So here are a few questions for you.

1. How long should you use your pillow cases before you wash them?
2. How long should you wear your underwear before you wash them?

If you ask me, I will say as often as possible especially if you do not use an AC all night, every night.

The General Advice is to wash and replace your beddings every week – but can you wear the same underwear for a whole week?

### **Summary:**

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***Treat your beddings like your underwear!***

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## 2. HAIR ELECTRIC CLIPPER

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This is a usual suspect, so obvious that it is ignored.

Personal hair clipper became a necessity, fashionable and to an extent mandatory for personal hygiene since the advent of HIV, to trim and keep unwanted hair

off your body including the groin area.

**Hairs in the groin and private parts are most likely to harbor some unpleasant microbes due to the sweat from that area, subjected under the ideal condition of a warm, moist and poor ventilation, it becomes perfect growth-culture for pathogens like fungi and bacteria – hence the smell**

However, fluids and secretion from sexual arousal, intercourse or wet dream trapped within hairs in the groin, further accelerates the pathogenic growth intensity.

And it gets worse.

You see, washing the groin area or bathing is usually not immediately after sexual activity but, rather a couple of hours later. Also, when you bath, the tender scrubbing (because your groin is sensitive) is insufficient for effective cleaning unless a more effective soap is used (Soap will be a topic for another day).

Even the act of not having your bath after a whole day's activity leaves the private parts very receptive to pathogens. Therefore, any clipper used to cut hairs in the groin area will most likely be contagious and should not come near your hair until it is cleaned thoroughly.

## Summary:

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*Use separate Clippers or blades for your Hair!*

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### 3. How to Manage these two items

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Considering this knowledge, it will be wise to do the following:

- Treat and use your beddings, especially your pillowcase like an underwear.
- Wear a clean hair bonnet to sleep
- Wash and replace your beddings as frequently as possible
- Dedicate exclusive clipper for barbing and another for shaving other parts of the body (or use different clipper blades) ....you can sterilize the blades after use
- Do hair waxing



One more thing ....

### 4. Your Hair Comb!

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When last did you wash your Comb?

Yes your comb.

You probably don't know that this is also a source of many hair problems. I know a lady who stays in a house with 3 other ladies and they all use one

hair comb. I'm so sure that they are all sharing "Stuff" from each other's hair. It is even riskier if it is a small comb.

Being hygienic is interrelated to all aspects of your body and lifestyle, and it is interesting to realize that the problem is not in what you know rather in what you know but do not understand.

Check!

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## About Me

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My name is Johnson Igara. While working with a blue collar company observed this common hair issues, a curiosity research turned into an obsession. While discussing it with a young lady I met inspired the idea to make it a vocation few months later.

I enrolled for a professional training and spent years researching and testing on hair and skin care having lost my corporate job. My research gave birth to HairSpice Premium hair oil and Adanna Hair conditioner.

I am your personal Hair and Skin Consultant and founder Egara Nigeria.



These products are touching lives of people every day.

Visit [www.egaracosmetics.com.ng/offers/hairspiceoffer.html](http://www.egaracosmetics.com.ng/offers/hairspiceoffer.html) to see what makes the products so awesome and how you can get one

I also produce customized solutions for you skin and face for all sorts of problems.

Call or chat (WhatsApp) with me on 08155970712 if you have any hair or skin problem.

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