



# THE SECRET ART *of* HEALTHY HAIR

A COMPLETE GUIDE TO GETTING THE  
HAIR OF YOUR DREAMS

GO FINITY

## **Book Description**

If you have struggled with your hair, then you can join the club. There are so many people out there that have hair problems that they just don't know how to fix. People who want to grow amazing and beautiful hair, but just don't know where to start. This is why this book was created. It is a guide to everything you need to know to grow luscious and beautiful hair.

It's not rocket science, but it is science. It's definitely not too hard for anybody to learn, but we are going to make sure that you understand everything that you need to so that your hair can benefit from it. Not only will you be able to take care of the hair that is already on your head, but you will be able to grow new hair that is much healthier and stronger.

Hair is one of our greatest assets, and it is important to know how to take care of it. If you have ever felt confused about it, then this is the book for you. It's going to lay out everything from how your hair grows, the types of ingredients you need to use, the hair practices that are not allowing your hair to grow, and even what you should be eating in order to make sure your hair gets the nutrients it needs. This book is going to allow the secret art of healthy hair to not be so secret anymore!

# The Secret Art *of* Healthy Hair

A Complete Guide to Getting the  
Hair of Your Dreams

GO FINITY

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Our hair is our crown. It is something we all take pride in, and we want it to look as beautiful and as healthy as it possibly can. However, it can seem a lot harder than what the hair models make it seem. I know you have seen those advertisements for shampoos and conditioners. The one where the girl steps out of the salon chair and her hair is perfectly in place, shiny, and thick. It does leave us wondering how she got that hair, because we don't look like that when we use the exact products that they are suggesting. This can leave us feeling demotivated and frustrated, which is not the feeling you want after you have forked over a large amount of cash for your hair care products.

We're not going to lie to you and say that there is a magic potion that's going to make your hair beautiful just like those girls. The truth is, it does take work and the right knowledge in order to get the hair of your dreams. The problem is that most people don't understand how the hair works, and so they do not understand what it needs. Another thing that we have noticed is that people apply something that works for another person's hair and wonder why it's not working for theirs. Hair is as unique as you are, and what works for one person is not going to work for you. There are so many different hair types and textures out there, so you need to know what is going to work best for you in order to get the results that you want. Unfortunately, hair care is not copy-and-paste for every person.

This is why we have created this book. Our haircare company was built to help people with all types of hair concerns so that they can have the hair of their dreams. We have a wide variety of products that are made with many beneficial ingredients. The ingredients chosen are specific to the different hair types and needs. We will be taking you through all the various ingredients so that you understand what

to look for in other hair care products and know what makes ours so special.

We want to take you through the hair basics so that you can understand the makeup of your hair. This is the foundational knowledge that we believe everyone needs to know. Once you understand that, we can move on to how you can solve your hair problems from the inside. Most people do their best to solve their problems by slathering on hair care products—this is not to say that these products are not important, because it really is—but the truth is if you do not work on your diet, nutrition, and your daily habits, then your hair products are not going to work miracles for you.

You have to make sure that you have a holistic view on what your hair needs and how to solve the problems that you are facing. You need to also understand your scalp, since not being able to take care of it means you won't be able to grow the hair that you want. Many people skip over scalp care, but there is a lot of information out there about why it can help. We want to stop that problem and make sure that you understand how to take care of your scalp as long as the length of your hair. This will allow you to get hair that you are proud of because it's healthy inside and out. You don't want to just keep trying to solve problems that have already been created, but also to be able to stop the problems before they get there. This is the best way to have healthy hair.

There are also very specific ingredients in hair care products that will help you to solve the specific problems you are facing. It's not about choosing the product with the best of marketing behind it, but about choosing the products with the best ingredients in it. Ingredients are the most important thing about the product. Most people do not understand how to read ingredient lists or know which ingredients are going to be beneficial for them, which is why it is good to go through

specific health problems and ingredients that you can use to solve them. After reading this book, you will be able to understand what you are buying and what these products can really do for you.

Another common problem that we see all the time is people just not knowing how to care for it in the right way. You can have the healthiest hair ever, but if you don't care for it correctly, then it's not going to matter. When you are able to care for your hair in the right way and use the right techniques, you will see that your hair starts to flourish. That is the only outcome we want to see. There are some unhealthy practices that we have been taught from a young age that are just not necessary. Starting from the basis is important, because it lets us build up a foundation and allow us to be the best that we can.

We are going to start learning about these basics in the first chapter, so buckle up and hold onto your hair, because we are going to dive deep and get to the root of many of your problems. By the time you come out the other end of this book, you will have all the knowledge you need to create a healthy hair routine and take care of the hair that you have on your head, as well as grow new, healthy, and thick hair. Let's get reading.





Hair is actually a lot more than what it would seem at first glance. Most of us don't really know what makes up hair or how it works. We just know that it is something that grows out of the head that we enjoy styling it, as well as the fact that it can sometimes cause a bit of frustration. I know you know what I'm talking about. We've all had those bad hair days.

Understanding hair at a deeper level actually helps us to learn how to manage it better. When we understand the hair, we are able to treat it in a way that will work with us, which will result in it growing out strong. Hair is a part of us, and many of us feel more confident when our hair looks its best. It's important to know that we have to take care of it, just as we would any other part of our body.

## The Structure of Your Hair

Hair is with us from the time we are developing in our mother's womb, with the follicles beginning to form at about 22 weeks of pregnancy. There are about five million hair follicles on your body, 100,000 of which are on the scalp. At this point, it will be the largest amount of follicles you will have in your life. As you mature and age, some of these follicles diminish, which is why hair thins out as you grow older. You cannot grow new hair follicles, so trying to thicken your hair is not going to be possible if you were born with a certain amount of hair follicles. It might only be possible if you have lost your hair and you are trying to go back, because you are rejuvenating old hair follicles. However, if you were born with thin hair, then you will not be able to magically grow more hair.

Much of your hair growth patterns are due to genetics. This is why you see children having similar hair types and textures to their parents

or to other people in their family. This does not mean that you can't have a different hair type, thickness, or hair texture than your immediate family. Genetics are a funny thing, so you can never fully predict what you're going to get.

There are two main things that make up the structure of the hair. These are the hair follicle and the hair shaft. The hair follicle is where your hair begins to grow, and is what connects the hair shaft to your head. The hair follicle extends into the dermis, which is the second layer of skin underneath the epidermis. Right at the bottom of the hair follicle is something called the papilla. This contains really small blood vessels that nourish the hair at its roots and help it to grow and keep healthy.

Right at the root of the hair, you have something called the bulb. The bulb has many different types of stem cells that renew themselves over time. These cells divide faster than any other cell you will find in your body. Here, you will also find hormones that affect your hair growth and the structure of your hair during the different stages of life. You will notice that people of different ages have different hair types, textures, colors, and thickness. This is usually due to the hormones that are pumping through the body at the different stages of life.

You will also find something at the root called the sebaceous gland. This gland produces something called sebum, which most people may know as the oil that you can feel on your scalp if you haven't washed your hair for a few days. This is very healthy for your hair because it's your body's natural conditioner. Most of us don't like the oily feeling on our scalp, but our hair does need it to some extent. Sebum is also produced all over the body, so if you were to not bathe for a few days, you would feel the oiliness on your skin. Hair follicles are on every part of your skin, which is why you have peach fuzz or those



thin little hairs all over. Sebum production is also what causes acne during the teen years, because your hormones are causing your body to produce more sebum.

Another thing to take note of at this part of the hair is the arrector pili, which is a bundle of muscle fiber that is attached to the outer sheath of the hair. When the muscle contracts, you will find that your hair starts to stand up. You might know this as goosebumps. You feel this when you are cold, scared, or even sick. While the shaft of the hair might not be living, the root and the bottom part of the hair definitely are.

Let's move on to the second part of the hair, which is the hair shaft. When you are referring to your hair, you're probably talking about this part, as it's the part of the hair that you can see. Once your hair pushes past the skin surface, the cells are no longer living. The shaft is made out of three layers of keratin, which is a protein that hardens but has no living cells in it. This is why you can cut your hair and not feel anything.

Each of the three layers have a specific purpose. The inner layer is called the medulla, which might not be present depending on the type of hair that is growing. The middle layer is called the cortex, which makes up the majority of the hair shaft. It is also the layer that contains cells that are responsible for the pigment of your hair, so this is where you get your hair color from. The final layer is called the cuticle. This is formed by tightly packed cells that look like overlapping scales. If you have ever looked at hair under the microscope, you would see a similarity to the shingles on a roof. When your hair is dry and frizzy, it means the scales are lifted up and are causing this effect. This is why many hair conditioning and smoothing treatments are

designed to smooth over the top layer of the hair. It leaves the hair looking shiny and healthy, even though it didn't really add any new nutrients to the hair.

## The Different Hair Types

If you were to select a bunch of random people and stand them up next to each other, you would quickly see that everyone has a different hair type, texture, or color. It could be fine, thick, shiny, dry, long, short, curly, straight, or anything in between. It is actually really important to understand your hair type, because it will help you to care for it properly. Every hair type is going to be different, and this means it's going to need a special type of care.

When speaking about hair type, we are usually referring to your hair's curl pattern, which is determined by your hair follicle. The shape of the hair follicle will determine the type of hair that grows out of it. This means that your hair could be straight, wavy, curly, or coily based on the shape of your hair follicle. The more oval or asymmetrical your hair follicle is, the curlier your hair will be. This is determined by genetics, and there isn't really anything that you can do or change about it. You can change the way your hair looks at the shaft, but as new hair grows out, it will always default to your natural hair type. Water also turns your hair back if you have done any kind of temporary styling.

There is a system that classifies hair which was developed by Andre Walker. This is the most widely accepted hair classifying system, and it breaks their hair down into the four growth patterns or types. Type 1 is straight hair, type 2 is wavy hair, type 3 is curly hair, and type 4 is coily hair. Type 2 through 4 also have multiple subtypes to help further

define and differentiate them. Let's go into the specific of each of these types so you can identify which one is yours.

## Type 1:

### STRAIGHT HAIR

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This hair type has no natural curl or wave. It doesn't matter if their hair can be fine or coarse, thin or thick. Either way, it will fall completely straight from the root to the tip of the hair. This hair type tends to become oily quite quickly, because oil can travel down straight here much faster. This is why it's important to make sure the product you are buying is not going to add extra oil to your hair and wash it down even more.

Most people with straight hair do not need hair products for dry hair. Heavy butters, creams, or serums could easily weigh it down and cause it to look greasy. The other thing you need to be wary of is the fact that overwashing your hair can cause it to produce more oils, which will result in your hair looking even more oilier.

Straight hair tends to be the easiest to take care of because there is little to no texture in it. On the other hand, straight here doesn't hold style very well. If you have always struggled to curl and style your hair, it is most likely that you have a straighter hair type. Styles and curls usually just fall out if hairspray is not used to hold it in place.



## Type 2:

### WAVY HAIR

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If your hair has a little bit of a wave or a kink in it, then it is classified as Type 2 hair. The three different categories of this hair are defined by how much of a wave exists. You could also have many different types of wave patterns in your hair, the same way you could have wavy and curly hair. Not every strand of your hair will look exactly the same, so it is totally fine to have a bit of curl, even if your hair is mostly wavy or vice versa.

#### TYPE 2A

In its natural state type, 2A has a very gentle wave. Typically, you will find that the tops of the hair are pretty straight and the waves start to form more towards the bottom. For example, the roots to around eye level would be the straight part, and there would be an undefined wave pattern below that.

People with this pattern typically tend to straighten their hair because it seems easier to do so. Since it is not a very textured wave, it is easier to straighten it with a blow dryer or flat iron. If you do want to enhance the wave, it is best to use products that are quite lightweight, as your hair would probably be easily weighed down. Using a light mousse or a lightweight gel will help you define the waves and keep them in place throughout the day.

#### TYPE 2B

With this style, you will find that the waves have a more defined S shape to them. It will take a bit more effort in order to straighten if that's your intended style, but it is also easier to create that effortlessly,

beachy look that is quite popular now. All you would need is some salt spray or a mousse to hold your waves in place.

This is the type of wave that people try to get into their hair through many different techniques, so you're quite lucky if you have it.

Depending on your hair texture, you might want to add a little more moisture into it. Play around with different products and see how you can enhance your hair wave or add some moisture.

## **TYPE 2C**

This wave starts pretty close to the crown of your head and this hair type can be prone to freeze. You might even notice a few curls in your hair, and it is very easy to manipulate them into becoming tighter. Since it is on the wavier side, you will experience dryness. Adding moisture into your hair is important to help reduce frizz and have a shiny look on your hair.

Using a diffuser to help dry your hair can help eliminate frizziness. A diffuser is a device that you attach to the mouthpiece of the blow dryer. It will look like it has teeth in it to hold your hair so it doesn't fly round while you are drying it. Your hair will be a bit tougher to straighten, so we would suggest that you embrace your natural waves as much as possible. This will limit the amount of damage you experience. Heat damage can cause hair to be dry and brittle, and you don't want that.





## Type 3:

### CURLY HAIR

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Curly hair is beautiful, but it can be a bit tougher to manage. This hair type is typically a lot drier than the previous ones, and people with curly hair tend to struggle with frizz. When you were younger, your parents probably brushed the life out of your hair and left you with a very frizzy mane. This often led people with curly hair to straighten it out as much as possible so they didn't have to deal with all the frizz. The good news is that we now have a lot more products available to us to enhance the curls, rather than flatten them out.

#### TYPE 3A

This hair type has some S-shaped curls that form into very loose loops. If you want to know if this is your type, then just look at the circumference of the loops—if you can fit the large end of a taper candle into it, then you know you have 3A hair. It is best to define your natural curl other than trying to hide it. This will help prevent any damage from heat and chemicals.

You will have to use a lot of moisturizing products to help keep the hold in your hair. You also have to be sure to maximize your wash days by using the right products and techniques. If you brush your hair while it's dry, it is going to become very frizzy, so it's better to style your hair when it is wet and then allow it to dry. When you are going to bed, you need to make sure that you are protecting your hair so that it does not get too frizzy. You can wear a hair bonnet or sleep on a silk or satin pillowcase to preserve your hairstyle. This will allow you to not have to wash your hair as frequently. People with curly and



coily hair should refrain from washing their hair too often, as this can lead to a drying out. About once or twice a week is good enough.

### **TYPE 3B**

If your hair has curls the circumference of a Sharpie, then this is your hair type. Typically, these curls spring from the roots and give the hair quite a lot of volume. These curls will need a lot of moisture to retain their shape and make sure that they don't get frizzy. Many people suggest that you avoid silicone and sulfate in your hair products, because this can lead to excess drying of your hair and will lead to breakage in the long run. You also need to style it when it's wet so that you can minimize the amount of frizz.

### **TYPE 3C**

These curls tend to be tight and springy, to the point where you would be able to wrap them around a drinking straw. This hair type is also quite dry, and you need to add moisture in your hair as much as possible. Since the texture of this hair is quite tight, combing through your hair can cause a lot of breakage. Typically, you will find a lot of knots in this type of hair because of the curls. Instead of brushing through your hair, try combing with a wide tooth comb, or use your fingertips to run through your hair while using a conditioner to soften it.



## Type 4:

### COILY HAIR

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This is the driest of all the hair types. The curl pattern is quite tight, and you would need to add a lot of moisture to it. Knowing how to take care of this hair type properly will allow you to grow your hair long and strong. This is definitely the most delicate hair type, and it needs to be handled with care because being too rough will lead to breakage or even hair thinning.

#### **TYPE 4A**

You will find an S-shaped coil that you can wrap around a chopstick. If you have any type four hair, then you should consider wearing looser styles to prevent breakage of the hair. The goal of this type of hair is to make sure that it's constantly being moisturized. The styles that you pick should be ones that allow for moisturizing.

When it comes to styling, you can set your hair and leave it. Brushing and combing through your hair is not recommended on dry hair, because you can easily break it. If you are going to brush through your hair, make sure that you put conditioner in it so that it becomes easy to pass through the hair. You should always start brushing from the bottom and move your way up so that you do a tug and break the hair strands.

#### **TYPE 4B**

These curls are in a zigzag formation. A technique that people used to define these curls is called shingling, which begins when your hair is all wet and you gently detangle it with your fingertips. Use a lot of leave-in conditioner to moisturize and soften the hair, then separate the

sections and work in some curl cream and gel. Next, take your finger and twist the strands around it as you go. Moisture is really important, so pick a good cream that's going to stay in your hair and really condition it well.

## **TYPE 4C**

This is the tightest and the most fragile of all the hair types. It is very easy to break if you brush too roughly or too often. It is absolutely vital that you nourish your hair with oils and rich conditioners. Shea butter is a great option, as well as coconut oil. You do not need to wash this type of hair too often, because you want to keep as much of the natural oils in there as possible.

Some people have even ditched shampooing for something called co-washing, which is when you use a conditioner to wash your hair instead of a shampoo. There are also co-washes that lather slightly that you can buy from the store. These are more conditioning formulas and do not strip and dry the hair as much as a shampoo would.



## What About Hair Porosity and Density?

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Porosity and density are two other important factors in your hair type. You can have different porosity and densities in all of the hair types, so there isn't one that is correlated with the other. Understanding what you have porosity and density is going to help you take care of it in a much better way.

Let's talk about porosity first. This refers to how the hair is able to soak up moisture. If your hair is highly porous, it means that there are a lot of holes in the surface of the hair. These holes will allow the head to soak up more moisture, but it also means that it loses moisture quite quickly. If you live in a humid environment, you might find that you have a lot of frizz.

Hair that is less porous does not have as many holes and is tightly locked together. This means that it resists moisture and has a difficulty soaking up the products you put on the hair. This type of hair is quite prone to product buildup on the surface of the hair, and this can cause your hair to look dull and dry. You will need to wash your hair in order to get rid of all the product buildup that sits on top of the hair cuticle. You might also find that your products work better if you use a blow dryer, because heat can open up a tight cuticle and allow the product to seep in.

Think of hair porosity as a sponge. If you see a sponge that has a lot of holes in it, something like a loofah, you would know that these soak up water quite quickly. It also loses water quite quickly, if you were going to just leave it standing there. This type of sponge is highly porous. Other sponges, such as dish sponges, don't have very visible holes in them. These sponges have low porosity, and you might use



them for washing up. If you were to pour water onto the sponges, you would find that it just slides off the surface of the sponge. You would need the sponge to sit in the water for it to start soaking it up, and you might even need to press on it so that the holes open up to suck up the water. When you think of your hair, think of the different types of sponges and how they react to water and moisture.

You can test the porosity of your hair by doing a little experiment. All you need to do is take three or four strands of your hair that have separated from your scalp. You can use hair from your brush or comb. Fill up a clear bowl or glass with water and place the strands of hair on top of the water. Leave it there for a few minutes, then come back to see if your hair has sunk or if it is floating. Hair that floats at the top of the water will be low-porosity hair. If your hair sinks, then it is high porosity. If it's in the middle, you have a good balance.

Moving onto density, which is the number of hairs you have on your head. If you can't see your scalp clearly through your hair, then your hair is probably high-density. If you can see your scalp even without parting your hair, then you have low-density hair. There are many factors that impact your hair density, such as stress, hormones, and nutrition. This is why you will find that you start losing hair in certain phases of your life. If your hair is low-density, you will have to use lighter products so it doesn't weigh down your hair. If your hair is higher in density, you can stick to creams and butters to control your hair and make sure that it's getting enough moisture and nutrition.

# The Hair Growth Cycle

Hair grows in a specific cycle. Your hair will grow about half a millimeter each day. This is not a lot, and that's why you usually can't tell that your hair is growing each day. There are three stages of the growth cycle, named the anagen, catagen, and telogen phases. All of them are important and crucial to hair health and growth.

The first stage is the anagen phase, which is the phase where the hair grows. Most hair will spend about three to four years in this stage. A new hair will push the old hair in the follicle up and out. This phase is much shorter for hair on the eyelashes, eyebrows, legs, and arm. It is usually around 30 to 45 days for these areas, so you will be losing a lot more of these hairs each day than the ones on your head. It is also the reason why the hair on these parts of the body are very short compared to the ones you grow on your head.

The second stage is the catagen stage. This is the transitional phase of the hair. About 3% of all of your hairs will be in this phase at any given time. This phase will only last a few weeks, and during this time, the growth of the hair slows down and the outer root sheath will begin to shrink and attach to the root of the hair. This is what stops the hair from growing.

The final stage is the telogen phase, or the resting phase. It lasts for about three months, and about 10 to 15% of your hair follicles will be in this phase at any given time. The follicles will begin to rest, and the outer root sheet that has begun to shrink in the previous phase will reach completion. If you were to pull your hair out at the stage, you will find a dry and white bulb at the root. In most cases, your body sheds about 50 to 100 hairs each day.



# Your Hair and the Environment

There is a lot around us that can affect our hair, either positively, negatively, or even just neutrally. There are four main environmental factors that could be affecting your hair in many different ways. Understanding these will help you to take care of your hair better in different seasons and in different climates.

## Cold Air

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Our hair care regime has to be different in winter as opposed to summer. If you live in a colder climate, then you might suffer from extremely dry hair. Cold, dry air can dry out your hair because the cuticle starts to lift, meaning that water and moisture is not easily retained in the cuticle. This can lead to breakage and split ends. On top of that, most winters are really dry, which means there is not a lot of moisture in the air which leads to further drying out.

If you live in a climate that has extremely cold winters, or if the yearly temperatures are quite low, then you need to make sure that you use products that will combat any moisture loss you might be experiencing. You should also make sure that you don't have any split ends, so regular trims are important. This will help with breakage and weakening of the hair strands.

## High Levels of Humidity

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Most people's hair reacts to the humidity. Humidity is usually in hotter climates and in the summertime. The increase of moisture in the air causes the hair to swell, which ultimately leads to frizz. In order to combat this, you will need to make sure that your hair is moisturized and that you use something that will lock that in. Using a gel or a

mousse will help to lock in that moisture that you put in. You can also use a sealing oil that will sit on top of the hair strands and make sure that moisture does not escape, or that extra moisture does not try to penetrate the hair and cause the extra frizz from the environment.

## Pollution

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We all know pollution is bad, but did you know it was bad for your hair? The particles that are created from pollution can find themselves on your scalp and hair strands. This can lead to less moisture retention, and can also affect the proteins of your hair strands.

If the pollution in your area is really bad, you might notice that your hair is more prone to breakage and falling out. This is why it is important to make sure that you're washing your hair properly to get all the pollution particles out of it. If you live close to the city or where there is lots of pollution, then you might need to make sure that you are cleansing your hair properly. This does mean washing your hair a little bit more often than you would if you lived in an area with cleaner air. Monitor your hair and see how it looks so that you're able to gauge whether you should be washing it more often or not.

## Heat and Sunlight

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Direct sunlight can cause damage to the hair. The heat from the sun can cause your strands to dry and make them more brittle, meaning they can be prone to breakage and split ends. Your scalp is also something that needs to be taken care of, because it can get sunburnt just like the rest of your skin. This is why it is wise to wear a hat when you know you're going to be in the direct sun for a long period of time. Sunshine can also lighten your hair, so if you do not want this, then you should make sure that you are protecting your hair from the sun as much as possible.





What you eat has a direct impact on your hair and scalp health. Many people do not take this into consideration when they are trying to grow their hair, or even just trying to improve the health of the hair and scalp. Remember, what we put into our body will determine what comes out. This is why people who have very unhealthy diets can be easily picked out from the crowd due to their skin and hair health. Of course, this is not always the case, as a lot of it has to do with genetics and other factors. However, we cannot deny the impact that a healthy diet and nutrition will have on the skin and hair.

Whenever you go to the doctor, you might find that they ask about your nutrition, regardless of the type of problem you have come to the doctor's office for. The reason for this is because your diet and nutrition has a big impact on the health of your body. Most symptoms can be improved by just changing your diet. If you already have a really good diet, then you know that you will be far less at risk for many problems and health concerns. Never underestimate the power of what you eat, as that could be the thing that allows your hair to grow beautiful and strong.

# What Nutrients Do I Need for Healthy Hair?

When you go to the grocery store, you are likely to be met with many aisles of produce and products. It can be very difficult to know which ones are going to be the best choices for you, but knowing what is the best kind of diet to eat for your hair is going to have so many benefits for it. Eating well and getting the right nutrients will ensure that your hair gets the nutrients it needs to grow strong and prevent breakage. People who have a healthy diet often have strong, soft, and shiny hair. There are some definite things that you should include in your diet to ensure your hair is healthy, and we are going to be talking about these vitamins and minerals so that you can make sure you're adding it to your diet as best you can.

## Protein

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Let's first talk about protein, since it is the building block of our hair. Hair is made up of proteins called keratin, and when you do not have enough protein in your body, you may notice that your hair will become thinner and weaker. This is because your body is going to be using the available protein for other bodily functions, and will not concentrate on your hair.

Usually, your hair is the first to suffer from a nutrient deficiency because your body doesn't deem it as essential. You can technically survive without your hair, but you would not be able to survive without essential bodily processes that take place internally. Not having enough protein forces your body to choose where it needs to use

the protein wisely. This is why it is essential that you give your body enough protein so that you allow it to grow strong.

You can get protein from many sources. Meat tends to be the best protein source, since it is filled with the substance. It is best to eat lean meat like chicken and turkey, as well as fish. Red meat is also a source of protein, but it tends to have a lot of fat, which is not the best.

You can include red meat into a diet, but just make sure to do so in moderation and not the main part of your food.

There are also many vegetarian sources of protein that you can eat. Cheese, eggs, tofu, quinoa, and beans are all great sources of protein. You should make sure that you have a good protein source with every meal that you eat, since they also help you feel fuller for longer and feel more satisfied with your meals.

## Biotin

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You have probably seen biotin being advertised in many different hair products. This is because it has been shown to promote hair growth. Biotin interacts with enzymes in the cell to help produce amino acids, which are what form the proteins of the hair. If you have too little biotin in your system, then it could result in hair loss.

There are many different types of foods that contain biotin including nuts, lentils, carrots, and cauliflower. You can also take a supplement if you feel it's necessary and if it has been recommended by a licensed doctor. Most people are able to get enough biotin from the food they eat.

## Zinc

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Zinc is incredibly important for the strength of your hair follicles. It prevents hair loss because it works with protein and finds them so that they function better in the body. It also allows the oil glands on the scalp to function properly, which protects your hair from drying out.

There are many foods in which you can get your zinc from. Shellfish, such as oysters, crab, clams, muscles, and lobsters, are great sources of zinc. If you eat about two oysters, you will get four times the daily recommended value of zinc, which just goes to show you how much zinc seafood contains. You can also get use from sunflower seeds, beef, lamb, pork, fortified cereals, and peanuts. This gives you quite a wide range of foods to choose from to get your zinc.

## Iron

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Your cells need iron in order to function properly. Your hair follicles receive oxygen due to the iron in your red blood cells, but even if your iron levels are normal, you could still have low ferritin levels. Ferritin can be thought of as the bank where your iron is stored in the body. You need to have a good amount of ferritin in your body so that your hair grows well. People who have a low ferritin tend to have hair shedding and slow hair growth.

Eating iron-rich foods is the best way to get iron into your system. Oysters, beef, clam, eggs, soybeans, spinach, leafy green vegetables, tofu, and tuna are all great sources of iron. Women are more likely to have low iron levels, so if you feel tired and or suffering from constant headaches, you should get your iron levels tested. You might have to go on a supplement to help with this.

## Omega-3s

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Omega-3 fatty acids are incredibly important to your cells and many other parts of the body, because you need them for the proper functioning of the cell membranes of your scalp. The natural oils on your scalp use omega-3 in them. If you have enough of these fatty acids, you will be less prone to having a dry scalp, and your hair will grow out a lot shinier.

Fatty fish, such as salmon, seabass, and mackerel, are the best source of omega-3 acid. You'll have to eat them twice a week to ensure you get a good dose of omega-3's. If you're not a fan of these fish, then you can get omega-3's from plant sources, like flaxseeds, walnuts, and canola oil. You can also have a supplement for this.

## Vitamin C

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Vitamin C is incredibly important to help with the absorption of iron. If your iron is low, your doctor might recommend you taking an iron supplement and having some vitamin C at the same time. Eating your source of iron alongside your vitamin C source is the best way to utilize both of these.

Vitamin C is also used in the formation of collagen, which is needed in the body because it makes up the connective tissue and allows the hair follicles to grow. You can get vitamin C from many fruits and vegetables. The most common one is oranges, but there are many other fruits and vegetables you can eat. Strawberries, kale, Brussel sprouts, any citrus fruit, parsley, thyme, parsley and bell peppers are all great options.



## B Vitamins

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Your B vitamins are essential to the health of your body. B6, B12, and folate are all really important in the creation of red blood cells, which you need so that your body can transport oxygen and nutrients throughout itself. Of course, this includes the scalp and the hair follicles. If you do not have enough B vitamins in your diet, it can cause your hair to starve, and this will result in your hair shedding and growing much slower.

One of the best sources of vitamin B is pork tenderloin. Many people do not eat pork, however, so they are going to have to load up on other sources of vitamin B. This includes beans, oatmeal, chicken, and low-fat dairy. Vegans tend to be more susceptible to vitamin B deficiency. If you are a vegan, then you should make sure that you are either taking a vitamin B supplement or that you are consciously eating enough foods that are rich in this vitamin.

## Water

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You're probably thinking that we've lost it by adding water to vitamins and minerals. While water is not a vitamin or a mineral, it is incredibly important to the overall health of your body and your hair. Your hair is primarily made out of protein, but it is also made out of water, meaning that you need an adequate amount of water in your body so that it can be delivered to your hair. This will prevent your hair from drying out and breaking.

We all know how amazing water is for the skin, and it can have the same effect on the hair. If you struggle with scalp problems, then drinking enough water is essential. You can also get your water from water-rich fruits and vegetables. Things like berries, melons, bell

peppers, and tomatoes are all great sources of water, and you can even use them in cooking.

If you do struggle to drink water—a more common problem than most would think—then you should make an effort to make sure that your water tastes good. Water doesn't actually have a taste, and this can deter people from wanting to drink it all the time. You can add some flavor to your water by adding herbs, spices, fruit, and vegetables to it. Try cutting up some cucumber and mint and letting it infuse in your water. You can also add berries and other fruit for a sweeter taste. There are many different combinations that you can use. Try them out, and I promise it'll make drinking water a lot easier and more enjoyable for you.

## Calcium

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We have all been told that we need to get enough calcium so that we can have strong bones, but it is also really important for the growth of your hair. If you do not have enough calcium in your body, you might experience some hair loss. You should be able to get enough calcium each day if you include dairy in your diet, but if not, you will have to make more of an effort to get your calcium intake at the right level.

Calcium-rich foods are not just those that contain dairy. There are many other types of foods that are high in calcium, including broccoli, sesame seeds, salmon, sardines, oranges, and apricots. You can include some of these into your day to make sure that your calcium levels are high. As you get older, your calcium levels will naturally decrease, and it will become more important for you to replace them. This is why many adults over the age of 50 are given calcium supplements by the doctors.

## Magnesium

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Magnesium is one of the best vitamins that you can have for your hair. It is essential that we get enough magnesium in our diet so that our body can function properly. Magnesium affects the hair growth cycle and your hair follicles by working with protein synthesis, which is the way the body uses protein. We all know that protein is very important for the hair and hair growth, so having something in your body that's going to synthesize protein in the right way is essential. Magnesium also helps your hair to not go gray prematurely.

There are many foods that are sources of magnesium. Some of them include beans, rice, seeds, seafood, dark leafy vegetables, and nuts. You can also get magnesium from dark chocolate, which is great news because we all love a little bit of chocolate in our lives. A diet that is high in saturated fats can prohibit the absorption of magnesium, so make sure that you're eating a healthy diet that is quite low in fat so that you are able to absorb your magnesium and use it appropriately in your body.



# Superfoods for Your Hair

We have already spoken about the nutrients, vitamins, and minerals you should be eating in order to grow your hair long and strong. Now, let's talk about the many different types of foods that you can eat that will help with your hair growth. These foods contain many of the nutrients we have already spoken about, as well as other properties that are beneficial for your hair.

You will notice that these foods are all very healthy and natural food. When you are creating a diet plan for yourself, you should make sure that the majority of your food is natural. These are the types of food that will give you the most amount of nutrients possible. The more diverse your diet is, the more nutrients you get from it. It is important to add as many colors of food that you can into your meals. The more color, the more nutritious. This does not apply to artificial colorings, because they do not have any nutrients in them. Let's dive into the types of food you should be eating to grow beautiful hair.

## Egg

The first food we are going to be talking about are eggs. Eggs are a natural source of protein and biotin, and we've already spoken about how important these two are for hair growth. You need to get an adequate amount of protein and biotin for your hair to grow healthy. If you do not have enough protein in your diet, you can experience hair loss. If you have a balanced diet, it is very unlikely that you will have a biotin deficiency. This is why it is important to make sure that you are eating as many different types of healthy food as you can.

Eggs are also a great source of zinc, selenium, and many other nutrients that are essential for the hair. This is why they are one of the best foods to eat if you want to have healthy hair. You do not have to eat multiple eggs a day in order to get the benefit, and you should be fine if you just have them for breakfast.

## Berries

Berries are essential for healthy hair. They are filled with so many vitamins and minerals that it's no wonder they are all thought of as a superfood. They are great for your overall health, and this means they are amazing for your hair as well. Berries are a great source of vitamin C and antioxidants, which will protect your skin and hair from free radicals that can cause damage and breakage.

You do not need to have cups and cups of berries in order to get the benefits from them. They are so nutrient-dense that just one cup of berries per day gives you 141% of your daily vitamin C, which is more than what an orange can give you. They're also filled with water, which is another plus.



## Spinach

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Do you remember that show Popeye from our childhood? That man used to eat so much spinach. Granted, his hair was lacking, but the show was just focused on the muscle building effects of spinach and not his hair. Spinach is great for the hair because it has tons of vitamins and minerals that help your body grow strong and promote hair growth, such as iron, folate, and vitamin C. Most leafy green vegetables will have the same types of nutrients and benefits from them, so if you're not a fan of spinach, then you can try things like kale as a substitute. However, having both is better.

Vitamin A in spinach helps your glands in your skin to produce sebum, which helps to moisturize your scalp and keep your hair looking healthy and shiny. You only need to eat 2 cups of spinach to get your daily vitamin A needs. If you struggle to get your iron intake from meat, then spinach is a great source for that as well.



## Fatty Fish

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Fatty fish are essential for the body, having nutrients that help to promote hair growth while also being good for brain health. Omega-3 fatty acids have been linked to healthy hair and body. If you struggle with getting your minerals from the fish itself, then you can try fish oil supplements. Just be mindful of the fact that these supplements can leave a fishy aftertaste in your mouth, so you aren't totally getting away from the fish taste. It is always better to get your nutrients from a natural source, so try to eat as much fatty fish as you possibly can. This is a healthy food that's also packed with protein.

There are many other nutrients in fatty fish such as selenium, vitamin D, and B vitamins. All of these are great for hair growth. As mentioned before, some fatty fish you can add to your diet mackerel, herring, and salmon. They're all really healthy and good for you, and you can make them really delicious if you add dried herbs and spices to them.

## Avocados

As if this generation needs any more excuses to enjoy a good avocado. Avocados have boomed in popularity, so it is no surprise that we eat more avocados now than ever before. It is quite common knowledge that they are a superfood and filled with many nutrients, but they are also filled with healthy fats which the body needs to produce and regulate hormones.

You will also find vitamin E and C in avocados. Both of these are antioxidants and help protect the hair from oxidative stress. Vitamin E also protects the skin. Since the scalp is part of the skin, this is really important. If your skin on the scalp is damaged, then you will have fewer hair follicles and therefore have fewer hairs on your head. The

fatty acids that are in avocados are ones that are essential to the body, but cannot be produced by it. You have to ingest fatty acids, just the same as with the fatty fish. This is why it's important to make sure that you are getting enough of your omega-3 fatty acids.

## Nuts

Many people enjoy nuts as a tasty snack when they are hungry, but they are actually a superfood that have many benefits to them. They contain a variety of nutrients that help to promote hair growth, such as zinc, fatty acids, B vitamins, and vitamin E. Nuts lower inflammation and the risk of many diseases. They're also quite filling, so they can be added to almost any kind of meal.



## Seeds

Seeds are another great addition to any meal. They are extremely versatile, so you can add them to almost anything. There are a massive amount of nutrients in seeds, with selenium, zinc, and vitamin E being just a few of them. They are also certain seeds such as flaxseed and chia seeds that provide you with omega-3 fatty acids. If you do not like to eat fish, then you can have some of these seeds in replacement. You will have to eat about an ounce or more of flaxseeds in order to get the same amount of omega-3 as you would in salmon. Eating a mix of seeds will be your best bet, since there are many different benefits from each type of seed. A mixed bag of nuts and seeds can be a great, healthy snack for you to enjoy.



## Bell Peppers

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Bell peppers are an incredibly versatile and delicious addition to your meals. It is a great source of vitamin C; in fact, it has the same amount of vitamin C as you would find in an orange. When you have enough vitamin C in your body, your hair becomes stronger and more protected. These peppers are also a great source of vitamin A, which is essential for sebum production.



## Soybeans

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Soybeans have compounds called spermidine which may help promote hair growth. It is possible that this compound prolongs the hair growing phase of the follicle so that the hair will grow longer and possibly thicker. The research on this is fairly new, but it is promising. More clinical studies will have to be done before we see this being a more common place in the medical and supplemental world.

## Sweet Potato

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Sweet potatoes are delicious, and some would argue that they are better than the normal potato. Sweet potatoes are filled with a nutrient called beta-carotene. The body takes this and converts it into vitamin A, which is essential to the hair and helps it grow thicker, as we have discussed before.

## Lentils

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Lentils are filled with plenty of nutrients that are great for the body. If you are vegetarian or struggle to get enough meat in your diet, then this is a great alternative. Lentils are filled with protein, as well as iron, biotin, and zinc. Your body needs all of these things for healthy hair.

The great thing about lentils is that they can be added to virtually anything. You can add them to curries, soups, or on the side of other vegetables or meat, or mixed up in rice or any other starch. The possibilities are endless. It makes a great lunch because it is so delicious and easy to prepare.

## Green Tea

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Green tea is not just a tasty drink to enjoy in the morning. Many companies add green tea to their products because it has so many health benefits. You can find inexpensive green tea at almost any store, so it is a really great thing to add to your diet. On top of that, you also drink water when you drink tea, and that added water content will be very good for your body and your hair.

A compound that is found in green tea has been shown to slow down the rate of hair loss. Testosterone is the hormone that causes hair shedding in both men and women. This compound binds to the testosterone and removes it from the body. This results in much lower rates of hair loss when it is due to hormonal reasons. If you struggle with hormonal hair loss, then this is a great way to help prevent that.



You can also add green tea to the tops of your hair to help stimulate hair growth. There's definitely more studies that need to be done on this, but it could be promising, and there are people who have tried adding green tea to their routine and have seen many health improvements.

## Acai Berry

The açai berry is pretty new to the world of superfoods. Even though it has just gained popularity, there are so many benefits to it that many people are adding it to their diet. This berry grows in the South American rainforest. In order to eat them, they have to be soft and then mashed into a paste. You will notice that this paste is a very deep purple, and if you add it to any of your food, it will turn this color as well. It is filled with antioxidants, so it is no wonder that people are going crazy over it.



The açai berry has many vitamins and minerals in it that will help create a protective barrier for your hair, making it less susceptible to toxins and free radicals. They can also make your hair more elastic, which allows it to be easier to brush and style and will result in less bruising.

They are proteins and healthy fats in the berry, which is great for the hair and essential for hair growth. It's also rich in zinc, vitamin B, and many other vitamins. This berry has also been made into an oil which can be applied directly to your scalp. It can be on the more pricey side since it has to be imported in order to be used, but it is still worth it to add to your diet.

## Fenugreek Seeds

This seed may have a funny name, but that is pretty much all that is funny about it. The seed is rich in iron and protein, which we know is essential for hair growth. There are also compounds found in the seed that are anti-inflammatory and antifungal. You can add fenugreek seeds into all your meals. There are also fenugreek supplements that can be taken, but natural seeds tend to be better.

## Maca Root

This might not be something that you're too familiar with since it is not commonplace in the western world. The maca plant is grown in Peru, and it is a vegetable that comes from the same family as a cauliflower. When in use, this plant is typically dried up to make a powder and then taken either as a capsule or sprinkled into food.

This root has tons of vitamins and minerals. Vitamin C, B6, potassium, and iron are just a few that you can find here. You will also find it is rich in fiber and protein. People also use it topically in hair products because it has been shown to stimulate the scalp and boost hair growth.

## Spirulina

This is another superfood with a lot of popularity in the health world. It is actually an algae with a bluish-green color. If you add it to any of your food, you're going to get this greenish coloration to it. It was first used in Aztec and African civilizations due to its health benefits.

Spirulina has a ton of zinc, vitamin E, and many other essential vitamins and minerals. You will also find amino acids, beta carotene,

iron, and calcium. Many vegans buy the stuff because they do not get many of these nutrients, due to their lack of animal-based protein.

When you buy from the store, you will usually get it in powder form. You can then just sprinkle it over any type of food or edit any recipes that you want to. It doesn't have a particularly strong flavor, so you will definitely see it more than you will taste it.

If you want to get all of the nutrients and superfoods your hair needs in a easy and delicious drink, you should try Hairfinity Elite's Beautonic.



# Foods You Should Skip

Along with all the amazing super foods that you should be adding to your diet, there are also many that you need to skip out on. These are the types that are going to make it harder for your hair to grow. There are many foods out there that could actually cause more problems than helping you. Having a balanced diet is essential, but you do need to know the type of meals that you should be avoiding. Many of these foods are typically unhealthy and unnatural. You will find that these foods tend to be highly processed or have a lot of sugar. We will explain why they are bad for you. If you have a very balanced diet that is filled with a majority of natural foods, then you shouldn't have to worry too much.

It is also important to know that having one or two snacks every now and then is not going to be detrimental for your health. You can definitely enjoy some of these foods in moderation. It's just important to make sure that the majority of your diet is made up out of things that are going to benefit you and your hair.

## High-Mercury Fish

I know we had a whole thing about how fish is amazing and beneficial to your hair. We are not going to go back on what we said, but it is important to know that there are some fish that are just not good for you. This is because of the high levels of mercury in the water nowadays, which is due to pollution and the leakage of radioactive waste into the oceans. It is not that the fish itself that is bad, but we are trying to avoid the mercury because the fish live in the water and are surrounded by contamination all the time.

Mercury in small doses is not going to do much, but fish consume a lot of it and it can stay in their bodies. This is more common with larger fish. There are exceptions to this rule, but under most circumstances, the larger the fish, the more mercury it will have. Things like swordfish, king mackerel, large tuna fish, marlin, and shark are all examples of fish that you should probably be avoiding.

Salmon, smaller tuna, shrimp, and clams tend to be fine. The reason why the bigger fish are a problem is because they eat the smaller fish, so if a small fish has a trace amount of mercury in them, the larger fish will eat multiple smaller fish and accumulate all of this mercury in their bodies. This is why they have so much mercury in them and why they can be so unhealthy. You will not be at risk of mercury poisoning, per se, but it is still very unhealthy to have mercury in your diet. If you do eat a lot of fish, stick to one to 3 times a week rather than every single day. This will limit your exposure to mercury and you still get the benefits of eating healthy types of fish.

## Sugar

We all know that sugar is not the best for us, but did you know that it can actually cause your hair to suffer? I love a good sugary snack as much as the next person, but these foods cause your blood sugar to spike, as well as a male hormone called androgen. When there is too much of this androgen in your system, it can cause your hair to fall out.

The other reason why sugar is so bad for you is that it hinders the absorption of protein. Protein is essential for the growth of hair, so if it's not being absorbed by the body properly, then you are going to see your hair being a lot more dull and possibly even falling out. Now, if you think that you can just avoid sugar or candy and you'll be fine,

I hate to be the bearer of bad news. Sugar sneaks its way into almost everything these days. This means that you have to be a lot more strict on the types of food that you eat so that you can avoid having too much sugar in your diet.

You can find sugar in anything made with refined flour, even savory items like bread. Carbohydrates in general are sugars, so if you're eating a whole lot of carbs, then your body will be converting these into sugars. This is just a natural process because sugar is needed to give the body energy. Unfortunately, it is easy to overdo it on the carbs in today's world, and we don't really get much nutritional value from them. After all, every delicious food seems to be carbo-loaded. Think of burgers and chips, pizzas, French fries, and most other snacks.

While it might seem a bit depressing to see all of these things that you should probably avoid, there are many foods that you can eat in replacement of this. The truth is that we are so used to eating so much sugar that it seems like a necessity to us. However, we don't need all of the sugar in order to survive. In fact, we are much better without it. Focus on slowly removing the sugar from your diet so that your body doesn't go into shock. There is such a thing as sugar withdrawal symptoms, so try not to go cold turkey on this one. This might cause you to feel quite miserable, especially if you do eat a lot of sugar in your day.

Start by removing the more obvious instances of sugar. This will be the refined sugar that you would add to your coffee and tea and baked goods. Next, you can move on to removing those high-sugar snacks such as chocolates and candy, as well as cakes and cookies. After that, you can start removing things like your bread, pastries, and other foods that are made with refined flour. Replace things made with



refined flour with things that are whole-grain. These do not spike your blood sugar as much and they do make you feel a lot more full. They also provide a lot more nutrients to you, so they are better overall. Don't worry, you will eventually get used to it, and the things that you enjoyed eating because they were so sweet are going to be almost unpalatable to you.

## Refined Grains

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We already mentioned it in the previous point, but refined grains are horrible for you, performing just the same as sugar in the body. Refined grain is grain that has been processed so that all the fiber and nutrients are taken out of it. This makes it have a better texture when you're cooking with it, but it has everything good taken from the food. You can most definitely have carbohydrates and grains. They're actually really good for you and provide you with some essential nutrients. Just make sure that you are choosing grains that are not processed.

Whole grains and brown substitutions are the best way to go. They do have a slightly nutty taste and texture, but it helps add to the flavor. You also find that you feel a lot more full after you eat whole grains than you did after refined grains. If you struggle to know which is which, all you need to do is look for things that are labeled white and avoid them. White bread, white rice, and white pasta are just a few that should be avoided.

## Alcohol

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Most of us enjoy a glass of wine or champagne every now and then, and that is definitely fine. There's nothing wrong with having alcohol

every now and then, especially on special occasions. The problem comes in when you have too much alcohol. Most of the time, people tend to drink in excess. That one glass of wine turns into seven, and it can just go downhill from there. Alcohol consumption in younger people is more prevalent because they go to parties and other social events where drinking is the norm. I don't mean to be a Debbie Downer here, but alcohol really doesn't have any nutritional benefits and there are far more downsides to it in the long run.

When you drink alcohol, it slows down the levels of zinc that can be absorbed by your body. We've already spoken about how important zinc is for your hair, so it is easy to see why drinking alcohol can have a negative effect on your hair growth. The other thing is that alcohol dehydrates you, which is also the reason why you have a hangover the next day. When you are dehydrated, your hair becomes a lot more brittle because it needs the moisture in order to grow and be strong. If you are constantly drinking, then you will not have enough liquid and water in your system to promote healthy hair growth.

Having a drink every once in a while is not going to be a problem. If you have alcohol more than once a week or drink heavily, however, then this is probably going to cause a problem. It can be difficult to say no to alcohol when you are around people that do drink. If you do end up in a situation where a lot of people are drinking, you can have one or two drinks and then just switch to something else. You may not even have to tell them, since something like soda water resembles vodka anyway. It's all about making better decisions for your hair, and this is going to help exponentially.

## Sodium

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Foods with a high amount of sodium tend to be really bad for you. Sodium is another word for salt, and when you have too much salt in your body, it can cause hair shedding. The problem is that most foods contain a high amount of salt. If you buy things from a fast food restaurant or the grocery store, there is a good chance there will be a lot of salt added to it. The reason for this is because sodium is tasty and manufacturers want to make sure that their food tastes good, and most of them are not concerned about the nutritional value of the food. This means that you have to be extra careful when you buy your products.

Most of the time, you should not be eating too much salt for home-cooked meals. If you are, then try to curb this by adding other herbs and spices to meals to add that flavor. Salt is meant to be a flavor enhancer and not the main ingredient, and you shouldn't be eating food that outwardly tastes salty. Other flavors coming through is how you know that your meal has been well-balanced and that there is probably not too much salt in there. When you're buying things from the store, you should always look at the back and see how much salt has been added. The nutritional information is going to be your best friend. If you look at the packages and you see that the sodium content is very high, then you should give that item a skip. You should not have more than 2300 mg of sodium per day.

Sodium also dehydrates the body. The most salt you add and consume, the more dehydrated you will most likely be. You do not want to be dehydrated because this is bad for your hair, so it is usually best to give the additional salt a pass so that your hair can flourish.

## Greasy Foods

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We all love a good plate of greasy food every now and then. Greasy food is typically takeout and fried foods. For some reason, the oil makes it seem so much more delicious, and it is the thing that we tend to crave. The problem is that grease is so bad for our bodies.

Greasy food tends to be high in saturated fat. These can clog up your pores, including the pores on your scalp. You can look at the ingredients list to find out if there are any trans fats or saturated fats in your food. Typically, if you're cooking food at home, then you will be able to avoid most of it.

Cooking your food at home means that you have full control of what goes into it and that you can make sure that you are not adding too much fat. You also are in control of everything that goes into it, so there will not be any hidden ingredients that you should not be eating. Make sure that you are only adding fat that is necessary, instead of being excessive. You can also choose healthy fats instead of the unhealthy ones. Olive oil or other types of cooking oil are a much better choice, so just making a small swap can make for a big difference. You can also choose to use an air fryer instead of frying food in a pan. This will cut out a lot of excess oil from your diet, and to be honest, an air fryer is definitely much better than regular frying.

## Processed Foods

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The goal is going to be to have a really balanced diet that is filled with nutritious and natural foods. You should aim to not eat as many processed foods, since they do not offer any benefits for you. Processed food is food that has a lot of chemicals and natural ingredients in it. Many processed foods have been stripped of their nutrients in favor of adding in more flavor and giving it a smoother texture. This is just not good for us, because it means that we are

essentially eating food that is doing nothing for our body. When you choose to eat a diet that is filled with more whole foods, you will see a lot more benefits from that. Your body will feel better, and if your body feels better, your hair will benefit as well.

Whole foods are foods that have minimal ingredients and are minimally processed. You can find out if a food is processed or not by looking at the ingredients list. The more ingredients it has on the list, the more processed it is. You can also tell by the type of ingredients that are on the list. If there are ingredients with really long names that you are unfamiliar with, then it is probably processed. These names are all chemicals and preservatives that have been added to the food in order to make it last longer and to enhance its flavor. These usually don't have any nutritional value for you, and are just empty calories into your body.

Remember that food is fuel for the body, so you need to be able to feed it the right type of fuel in order for it to flourish. The better you treat your body, the better your hair will be. Overall health should always be the goal, and that is why you need to pick foods that are going to add to your health and make you feel better, rather than choosing foods that just taste good.



Many people take care of their hair strands without thinking about the scalp. The truth is, you can't actually fix bad hair at the strands. You are actually just damage controlling and not really fixing the actual problem. This is why people always refer to solving things as getting to the root of the problem. You have to start from where the hair grows in order to make sure your hair is healthy. In this chapter, we are going to talk about scalp care. This is an important topic, because if you get this right, the rest of your hair care will be so much easier.

## Benefits of a Healthy Scalp

Let's start off with talking about the benefits of a healthy scalp. There are many, but we are just going to talk about the few that are the most prominent, and these alone will help you see just how important scalp care is. Hopefully, it will motivate you to continue taking care of your scalp and making it a priority.

### Improves the Health of the Hair Shafts

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The hair shaft starts at the root of the hair, which is on the scalp. If you take care of your scalp, it only makes sense that the hair that grows out of it will be taken care of as well. The healthier your scalp is, the healthier your hair shaft will be. You'll be able to prevent a lot of breakage before you even get a chance to put anything on your hair.

### Thicker Hair and Hair Growth

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Thick and long hair will start at the scalp. You can't actually grow thick hair by putting on treatments to the length of your hair. The same goes for the rate of hair growth.

If you want a thicker and fuller-looking head of hair, then you have to take care of your scalp in order to do so. You will also notice that flat and oily hair is due to the condition of the scalp and not necessarily the lengths of the hair. Flaky and itchy scalps are on the other end of the spectrum, and they are also uncomfortable and not desirable. Most of the problems that people complain about when it comes to hair are usually because of some sort of scalp problem. This is why we must make it a priority to take care of the scalp in the right way.

## More Comfortable-Feeling Scalp

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When your scalp is unhealthy, it can feel a bit uncomfortable. This discomfort can come in many ways, such as itching, peeling, or even soreness. When your hair is healthy, you'll feel very comfortable, and the scalp will be performing at its best. A healthy scalp means that healthy hair will grow from it. If you want to run your hands through your hair and feel confident and happy, then it's important to have a healthy scalp.





# Do I Have an Unhealthy Scalp?

Being able to tell whether you have a healthy or unhealthy scalp is really important. If you do have an unhealthy scalp, then you should take action as soon as possible so that you can resolve any issues that you might be facing. The sooner you deal with your scalp issues, the sooner you can enjoy healthier and fuller-looking hair.

## Scalp Acne

Yep, you read that right. Your face is not the only place that can get acne. Scalp acne is pretty common when the hair is quite dirty. If you do not wash your hair enough, excess product and oil can build up on the scalp and skin, causing acne.

This acne can be really uncomfortable and sore. There might even be pustules forming, which can make the area even more painful and dirty. If you find that you have acne, then you need to make sure that you are cleaning your hair as best as possible. You most likely have a more oily hair type, which means you would need to wash your hair a little bit more often.

Make sure that you are using a clarifying shampoo to clean up any of the excess buildup on your hair. If you are somebody that works out a lot, then you also need to make sure your hair is clean from all the sweat, since it can build up and attract dirt and particles. This does not mean that you have to wash your hair every day, but you do have to wash it at least a few times a week.

There are also exfoliating products on the market, which can be really good for you. These give you a nice deep clean and wash away any dirt and bacteria buildup in your hair. You do not have to use

these every time you wash your hair, however, and it's best to play this by ear depending on your hair type. If your hair starts to get a little bit itchy, or if you can feel the thickness of the product and oil in your hair, then you know it is time to wash it. Then, you can use the exfoliating products as a deeper clean, perhaps on a monthly or weekly basis.

## Scaly Scalp

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Scaly scalp is often characterized by little flakes that fall from the hair, commonly known as dandruff. Most people think that dandruff is caused by having really dry hair and scalp, the reason being is because of the scales that form. The actual reason, however, is that the skin cells are lifting from the scalp at an unusually high rate. There is usually an excess of oil production and most likely a yeast-like fungus on the scalp, so this is not a dry scalp problem like what many people believe. Putting moisturizing products on the scalp constantly might not do any good in this instance. In fact, it might make it worse if it builds up on the scalp.

Dandruff is a chronic condition that may never disappear permanently. You can lessen the symptoms, and they could disappear for a while, but chances are they will come back. It usually starts around puberty, and you'll find that it starts slowing down after the age of about 50. The good news is that dandruff can be treated at home. You will just need a good dandruff shampoo with the right ingredient. Selenium sulfide and zinc are pretty good ingredients to use, as is ketoconazole. You should find shampoos that have these ingredients in it to control your dandruff. Salicylic acid is also a good ingredient to have, because it eliminates the flakes by exfoliating the scalp.

Dandruff will typically come about in flareups, meaning that it won't be something that is going to be on your scalp all the time. When you have a flareup, you'll need to use the anti-dandruff shampoo more often. You might even have to use it daily until the flareup has been controlled, and then weekly afterwards.

A common mistake people make when it comes to using shampoo products in their hair is that they wash it out immediately. If you are using shampoo that has any kind of treatment, you need to leave it in your hair for a few minutes as the active ingredients do the job. You can gently massage it into your head and let it sit while you finish the rest of your shower routine. This is how you are going to get the best out of your active ingredient and see the best results.

## Itchy Scalp

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Most commonly, itchy scalp is due to product buildup on the hair. If you aren't washing out enough of the product, it can cause your scalp to itch or flake. These flakes are not dandruff or the skin being shed. These are particles from the products that you are using that are now flaking off. If you wash out your hair properly and make sure that you do not put too much product on your hair, you find that the flaking and itching will stop.

The causes of itching could be scalp psoriasis or eczema. If you get diagnosed by your doctor, you will typically be prescribed something to help with these conditions. Psoriasis can happen anywhere on the body, including the scalp. It is a problem caused by the immune system with the skin cells replacing themselves too quickly, which causes the body to not be able to shed the excess cells. The cells within the pileup on the skin are often red and itchy. It can look a

lot like dandruff, so if you try to treat it and it doesn't go away with the normal dandruff shampoos, then you should see your medical professional to help you. Your doctor will be able to diagnose this and give you the right treatment going forward.

Eczema is also a chronic condition that can happen on any part of the body, including the scalp. It is thought to be due to an overactive immune system that triggers inflammation in the skin, leading to drying and itchiness. Cortical steroids are often prescribed to help soothe the skin and help to get rid of a flare up. Antihistamines and other lotions and medications can also be prescribed for eczema. It is important to get a proper diagnosis from your doctor to know how to treat these conditions. If your scalp itch is not going away, even though you have treated it with over-the-counter measures and the regular dandruff shampoo, then you need to make an appointment with your doctor or dermatologist so that you can get some professional help.

## Redness

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Redness on the scalp is a tell-tale sign that your scalp is not healthy. Redness is usually caused by swelling or irritation. If you see redness, then it might be a good idea to backtrack and see if there are any products that might be causing an allergic reaction. You can then stop using this product and wait for your skin to come back down. If it is chronic redness or something that you can't explain, then you might need to go see the doctor about this so that you can get a proper diagnosis. Aggravation and redness of the skin is usually not a good thing. It is something that will resolve quite quickly in most cases, but if you notice that it is staying for a while, then you need to address it professionally.

## Hair Shedding

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If you find your hair is thinning or shedding, this could be a scalp issue. There are many things that can cause problems and be shared, so if this is something that has been happening for a while and you are very worried about something, you should consult your doctor. It could be due to a nutrient deficiency, hormone imbalance, or another health issue that needs to be addressed.

Hair shedding is not only a sign of an unhealthy scalp, but of an unhealthy body as well, so it is important to get a medical professional's opinion on it. If the hair shedding is due to product buildup, then you will have to make sure your scalp is cleaned up. Too much product on the scalp means there's a higher chance of the follicles being clogged up and there is not enough space from your hair to grow. This can lead to dull and lifeless-looking hair, as well as it becoming much thinner-looking. Your first point of call is going to be making sure that your scalp is clean and free from any irritation and itchiness.

## Taking Care of Your Scalp

Being able to take care of your scalp is a skill that you should definitely have. In order to take care and make sure that the scalp is healthy and functioning properly, you first need to know what a healthy scalp looks like. There shouldn't be any redness or irritation on your scalp, and you should also look out for flakes or signs of buildup. It also should not feel tender to the touch or have any strong odors. If you have any of these signs, then it is likely that your scalp is not healthy. We are going to talk about how to care for the two main

scalp types, so that you understand what you need to be doing in order to take care of it in the best way possible.

## Caring for a Dry Scalp

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A dry scalp is one that gets irritated and starts flaking because there is not enough moisture and oil being produced by the scalp. People who are prone to dry scalp are usually people that also have dry skin. This could be due to genetics, living in a dry climate, washing too often, and getting older in age.

If you have a very dry scalp, you should consider getting a scalp toner. Many of these have been formulated to be moisturizing. Look for ingredients like aloe vera and different kinds of oils, such as jojoba, coconut, and argan oils. This will help retain the moisture and also soothe out any itching that you might feel from the dryness.

You should also choose a very gentle shampoo, preferably with moisturizing factors in them. Baby shampoo is also an option, since it tends to be a lot gentler on the skin. You should also wash your hair less frequently and use warm or cool water to wash your hair. Very hot water tends to dry out the skin on the scalp because it opens the pores and lets the water escape, so any moisture that enters would leave just as quickly. You can also purchase a humidifier so your environment is less dry, which gives your skin a bigger chance to soak up moisture from the air.

## Caring for an Oily Scalp

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The amount of oil that is produced by the hair follicles will be different from person to person. Usually, this is not a big deal, but people who have fine and straight hair tend to look like they have much oilier

scalps than people with thicker and more curly hair. This means you can think that your scalp is overproducing the oils, but it is just the fact that your hair doesn't hide or hold the oil as well.

With straight-haired people, the oil can just travel down the hair shaft without any resistance. This is why you can see the oil a lot more easily when it comes to straight hair. Fine hair also doesn't have a lot of volume or surface area, so it holds on to the oil and makes it seem more visible. This is not to say that other hair types can't have oily scalps, but it is more common with fine and straight hair.

If your hair is on the oilier side, you might need to shampoo more regularly. Just be careful with this, because shampooing your hair too often can cause your hair to be even more oily. Your scalp will want to produce oil when it feels like it is too dry and it needs some nutrients. If you keep stripping the nutrients and oil away, it will produce oil even faster. This will result in you having to wash your hair every day, which can be quite frustrating. The cycle will keep continuing the more you wash your hair.

Choose a gentle and sulfate-free shampoo so that it is not as harsh on your hair when you are washing it. Do you not use clarifying shampoos regularly, because these are the kinds that can strip your hair. You could also just rinse your hair with warm water and see if that helps with the oil problem. It might help you to set and style your hair again so it reduces the look of the oiliness. Scalp exfoliators are also great to help you remove any buildup that accumulates on your scalp, and you could also get an exfoliating brush that is really good to get into your scalp when you are washing your hair. If you are using exfoliators, make sure that you do not overdo it. About once every one or two weeks should be more than enough.

Oily hair is not really a bad thing, but most people don't like it for cosmetic reasons since it doesn't look the best. Unless your scalp is itchy, having a little bit of oil is perfectly normal and actually good for your scalp, so trying to find ways to work with the oil on your hair is going to be a really good option for you. Brushing your hair back into sleek ponytails and buns is a great way to use the oil in your hair. There are many styles that you can do with oily hair, so on the days when you are unable to wash your hair, think about taking advantage of these. Having a few hairstyles in your arsenal will really help to manage oily hair and resist the urge to wash it all the time.

There are many people who have oily hair just because they wash it too much. You can try and train your hair to become less oily by reducing the amount of times you wash your hair in a week. If you wash your hair every day, dial it back to every second day for about a month, then every three days for the next month, and so on. This is a gradual way to train your hair so that it doesn't need to be washed all the time. It will take some time and you will have to deal with it until your hair gets used to the new washing schedule. However, this is going to be very beneficial for the long run, and you'll find that your scalp will produce much less oil.

## Scalp Stimulation and Massage

There is nothing better than sitting in the chair at the hair salon and getting your hair washed. Those people have magic hands, I tell you! When they give you that scalp massage, it is one of the most relaxing things in the world. I'm sure you know what I'm talking about. This is most people's favorite thing about going to the hair salon, besides coming out of the salon with professionally done and perfectly-



styled hair. These types of hair massages are not just relaxing, but also brilliant for the health of your hair. The good news is that you don't have to wait until you go to the hair salon to get your head massaged. You can do it at home, and there are so many benefits for this.

## What Should I Massage My Hair With?

Scalp massages can help with plenty of things, not just hair growth. If you are somebody who struggles with stress and anxiety, this is going to be something that relaxes and calms you down. Stress does have an effect on the hair, causing it to look brittle and dry or eventually fall out. This is why being able to manage your stress is so important, and giving ourselves a daily head massage is really going to help with this. You can also get thicker and more voluminous hair when you give yourself a head massage. Head massages bring the blood flow to the scalp, and you need a good flow of blood in order for your hair to grow. It is also known to strengthen your hair follicles and stimulate hair growth.

If you struggle with alopecia, which is a disease where the hair falls out, regular scalp massages can help with this hair loss. There haven't been too many studies done on this, but people have reported that this does work for them and that it helps to regrow their hair, as well as prevent additional hair loss.

There is no exact timeline to massaging your scalp. You also don't have to massage for hours on end. The frequency in which a massage is going to be dependent on what you can fit into your day and why you were doing it in the first place. If you want to improve your hair growth and thickness, then you should massage your scalp twice per

day for about five minutes. If it is just for relaxation and to relieve any stress that you might be feeling, then you can massage your scalp whenever you feel stress coming on, or when you need to calm yourself.

When you go into massage your scalp, you need to make sure that you are doing it gently, rather than vigorously. If you are too harsh on your scalp, it can cause your hair to break. It is good to give yourself a scalp massage every day, but do so in a way that is gentle. If you are using oil, make sure that you rinse the oil off within a few hours, because oil can attract dirt and cause a buildup. Because of this, you shouldn't use oil every time you massage your head. It also doesn't look great to have a very oily scalp. You can use oil on the days that you are going to be washing your hair, which should be about twice a week. The rest of the time, you will be using just your fingertips to go in and massage your head.

There are also some really great things that you can use to help stimulate your scalp, which bolsters the health and growth of your hair. You don't have to use all of the ingredients listed, just pick one to try and see if it works for you. In most cases, you will be using these on the days you're washing your hair, rather than every single day. All of the ingredients we're going to be talking about can be found in our own custom scalp stimulating serum. It has just been formulated specifically for this, and you will be able to see all the benefits from these ingredients in this small bottle.

## **GRAPE STEM CELLS**

Grapes stem cell extract can be used to nourish and heal your scalp. It helps to protect and repair your skin cells, giving them a

regenerative effect. Grapes, as a fruit, have always been a great thing to add to the diet. Even in the olden days, people used to use it for their health benefits. It is anti-inflammatory, antimicrobial, and antifungal. There have also been ointments made from grapes that help treat many different types of skin diseases.

The stem cells are found in the tissue of the plant. They are then harvested and used in cosmetics and other scientific research. Stem cells are the ones that can produce many different types of cells because they are the base cells. There are many scientific processes that go into the harvesting of the stem cells to ensure that they are still usable by the time they reach the customer. Grapes themselves also help stimulate microcirculation in the hair, so it is a great thing to have in a scalp stimulation serum.

## **ARUGULA EXTRACT**

We tend to just think about salads when we think of arugula, but this is not the extent to which it can be used. Using arugula extract in your hair can have many benefits, as it has a high concentration of antioxidants. You'll also find folate, vitamin K, and vitamin B-9 in the extract. It can be used to promote hair growth and makes it look a lot healthier and shinier. Arugula also nourishes the hair fibers to make them thicker and more resistant to daily stresses. This results in the hair becoming a lot stronger and less prone to breakage.

## **JOJOBA OIL**

Jojoba oil is quite thick and has been used for skin and hair for many years. It has been used as a moisturizer, and you will find many conditioners include this oil in the formula to add protection against breakage and split ends. If you have a dry scalp, this oil is great to

moisturize and get rid of dandruff. They also have plenty of vitamins and minerals in the oil, including vitamin C, B, E, copper, and zinc. All of these are essential to healthy hair, and they aid with hair growth.

Since it is used to strengthen the hair it can also prevent hair loss and result in thicker and fuller hair. It is also known to be an anti-inflammatory, which is another plus to the hair growth benefits.

## **COLLAGEN**

Collagen is a protein that is found in your body, and it makes up your tendons and skin. Your body does produce collagen, but you can also get it from food and supplements that you eat. If you have a lack of collagen in your body, your hair will most likely fall out or be thin and brittle. This is not ideal, and is the reason why it's important to have a diet that does include collagen in it. Bone broth is a great provider of collagen.

Collagen provides the hair with amino acids that are used to build and make it stronger. Your hair is mostly made up of a protein called keratin. Your body needs amino acids in order to build keratin, so when you consume collagen and other forms of protein, your body can break it down and use those amino acids to build new proteins for your skin and hair.

Collagen also has a ton of antioxidants in it, which can fight free radicals that can cause your hair to fall out and become brittle. Free radicals are molecules that are very unstable, and this instability causes them to damage your skin. You can have free radicals due to stress, contact with pollutants, smoking, not eating healthy food, drinking too much alcohol, and many other environmental influences. Free radicals also cause damage to your hair follicles. Adding collagen

to your hair will help defend against those free radicals, since their antioxidants can fight the damage that is done by them.

Adding collagen to a diet is a really good way to allow hair to grow healthily from the inside. You can also use it directly on the scalp, as this does have some benefits as well. There are many collagen supplements that you can get over the counter. As you age, your collagen production does go down, and this causes aging. It is more important that you make sure you have enough collagen in your body as your age so that you can make sure your hair is getting thick and healthy

## **ALOE VERA**

Aloe vera has been in the spotlight for a long time now because there are so many benefits for using it on your skin and hair. The aloe vera plant has very thick leaves, and if you cut those leaves in half, you will find a thick gel-like substance inside of them. You can find this plant all over the world, and many people choose to grow their own plants so that they have access to fresh aloe vera whenever they want. It's pretty inexpensive to grow, so you can definitely do this if you would like.

You will find aloe vera extract in a lot of skin care products because it has a cooling and soothing effect, meaning you can treat skin rashes and burns with it. It is actually a very effective at-home remedy for healing the skin. The best form of aloe vera to use is the gel that you can find in the plant leaves, but you can also use the extracts. If you don't have the fresh leaves, you can buy the gel at most pharmacies. It has also been added to our serum, so it is perfect to get it from there as well.

If you have an itchy scalp, then you should definitely consider using aloe vera to help soothe the inflammation and itch. It can also be used to clean your hair, making it a great alternative to heavy shampoos that can strip the hair easily. You can use it in between your wash days if you have very oily hair, but do not want to use shampoo each time you wash.

Aloe will also help with the cell turnover of your scalp, which allows your hair to grow out shiny. It also contains vitamin B-12 and folic acid, which are essential to keeping your hair from falling out. Many people swear by aloe vera because they have noticed that their hair grows so much faster when they use it.

It's super easy to use aloe vera in your hair. It doesn't have a particularly strong smell, so most people find it quite a pleasant experience. You can apply the gel directly to your hair and massage it into your scalp and smooth it over the length of the hair. Alternatively, you can leave it in for an hour or so to allow it to soak in, then you just rinse it off. Since it doesn't have a strong smell, you don't have to use additional shampoos and conditioners to get any residue out, and because it's a gel-like substance, it doesn't get stuck in the heat. It dissolves easily in water, so you do not have to worry about pieces of the aloe vera sticking around in your hair throughout the day. Aloe vera is well-tolerated by most people, even people who have sensitive skin. You should still test whether you are allergic



to it if you have never used it before, but most people should be okay with it.

Looking for a scalp treatment with all of these ingredients? Try airfinity Elite's Scalp Stimulating Elixir. This intense nutrient rich formula stimulates the scalp and revitalizes hair follicles.

## Hair Massage Techniques

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Now that you know the ingredients that are great to use when massaging your hair, you can move onto the techniques. There are many different ways you can massage your hair, but the basic principle is that you need to be gentle but still firm. If you notice that a lot of hair is falling out when you massage your hair, that's a sign that you are being too rough. Slow circular movements tend to be the best for this.

### USE YOUR FINGERS

When you are massaging your hair, you need to make sure that you are using the pads of your fingers and not your nails. You should place the pairs of your fingers onto your scalp and push down. If you feel your nails on your scalp, or anything hard for that matter, then you should stop and reposition your fingers.

Use light to medium pressure when you are massaging your scalp. You should also move in a circular motion, as this helps to stimulate the blood flow to your scalp. You don't need any oil for your massage, but it can be used if you want. We will talk about the different types of oils that you can use later on in this chapter.

When you are massaging your scalp, make sure that you cover your entire scalp. Move your fingers all over from the bottom of your scalp all the way to the top. You should also include your hairline in this massage, since this is the way people tend to lose hair most commonly. It can be easy to forget the hairline, so it may be a good idea to start with that so you do not forget.

You should massage your hair for about five minutes so that you can get the full benefits offered. Any shorter, and you might not see as many benefits. You need to massage your scalp two times a day. You can do it in the morning just when you wake up, which will help you to start your day on a good note and relieve any stress that you may have been holding. Later on, you can do it before bed or when you're getting ready for your nighttime routine. This is a great way to just enjoy the day and feel relaxed. You can also get your partner, roommate, friends, or parents to help you out with this.

## **MESSAGE AS YOU WASH YOUR HAIR**

Washing your hair is a great opportunity to give yourself a good massage, and you'll also be able to make sure that you are cleansing your hair properly. The shampoo will give you some slip so that your fingers glide onto your scalp easily. Remember that you still have to use your fingertips and not your nails when you are doing this. You can also get a hair massager or shampoo brush. Make sure you get one that has soft silicone bristles that are quite thick, as this will make sure that you are massaging gently.



Remember to use circular motions as you rub the shampoo into your hair. You will still need to take five minutes for this, so you can switch the water off to conserve it and give yourself a nice massage. You can then just rinse off the shampoo as normal and continue on with your shower and hair routine.

## **USING ESSENTIAL OILS**

Essential oils can really help with your head massage, and they can provide many potential benefits. You just have to make sure that you are using the right ones, and you should also be cautious towards the fact they can be quite strong. It is not recommended to use essential oils directly on your scalp, as this can cause a burning sensation. Instead, mix it with a carrier oil in order to dilute it. There are plenty of carrier oils that you can use, but some of the best are coconut oil, jojoba oil, and olive oil.





There are many essential oils to choose from, ranging from ones to help you relax or ones that have more direct hair benefits. Peppermint oil has been shown to stimulate hair growth because of the tingling sensation it gives. Tea tree, ylang ylang, and rose essential oils are also great options to use. Rosemary oil has been shown to stimulate hair growth. Pick the oil that is going to have the best for you and use it in your massage routine.

In order to use your essential oils, it is best to warm them up a bit. You can pour some of your carrier oil and a few drops of your essential oil into a bowl and pop it into the microwave for a few seconds. The oil should be warm, not overly hot. You do not want to burn yourself, so make sure to test the oil before you place it on your scalp. Apply the oil using your fingers and gently rub it in with a circular motion.

You can leave the oil mixture in your hair for about an hour or two before you wash it off. This will give the essential oil some time to work, and you can sit and enjoy its fragrance.

Using essential oils is great for relaxation and destressing, so if this is the purpose of your head massages, then you should definitely incorporate essential oils. You can also incorporate them in other ways, like using essential oil candles or essential oil burners. This just allows the smell to wash over you as you do your head massage, which can be incredibly relaxing.





Now that you have done everything in your power to make sure that your hair grows out long and strong, you can now move on to taking care of your hair strands. Your hair strands are the length of your hair and all the parts that you can see, and this is the part that you style and color. While your hair has already grown out of your scalp and there's not much you can do in terms of strength, there is still a lot that you can do to help protect your hair so that it looks healthier. We all want beautiful looking hair, so we need to make sure that we care for it as best we can.

## Hair Mistakes You Might Be Making, and What to Do About It

We have all been given some really bad advice at one point or another. Most of us have followed bad hair advice for a majority of our life, and we didn't even know. There are so many guides out there talking about how you should be taking care of your hair, but most of it is just not true. In fact, much of what I've been told is actually causing our hair to break down and look worse. If we want lashes and beautiful locks of hair, then we have to take care of it in the right way, and the first step to doing this is to make sure that we are avoiding these common hair mistakes.

### Washing Your Hair Too Much or Too Little

Washing your hair is important, but washing your hair too much is a big problem. In the same way, washing your hair too little is also going to be a problem. There's not an exact number of times it's going to work for every person, so you are going to have to look at your hair and see what is going to be the best for you.



Washing your hair too much is going to strip away all the natural oils that your hair has created. You need these oils so that your strands are healthier. The oils sit on the top of the scalp and then need to travel down the hair strands in order for your hair to be beautiful and shiny. If you don't give the oils a chance to move down the hair, then you are not giving it a chance to be healthy.

If you have curly or wavy hair, then it is going to be much harder for the oils to travel down the strands. This is why people with this type of hair need to wash their hair less often, since it gives the oil more time to move down and provide the benefits needed. People who have straight hair can get away with washing it more often because the oils can travel much quicker.

If you don't wash your hair enough, then you risk the pores becoming clogged up with all of that oil. Since the oil is dense, it can attract dirt that can get stuck in your hair and cause even more problems. This is even more of a problem if you live in the city, where there is more pollution around.

Depending on where you live and your lifestyle, as well as on your hair type, you should only be washing your hair a maximum of 3 to 4 times a week. If you have curly hair, this is going to be even less, about once or twice a week. If you have oily hair, then you can wash it once a week, depending on your scalp needs. If your hair is getting itchy and it seems like it's a lot oilier, then you would need to wash immediately to relieve the scalp.

## Using Too Much Heat

We all know that heat damage is pretty bad for the hair, yet we live in a world where heat styling is quite common. In order to make the most

of trendy styles, we can wind up using various heating tools. If you have very thick hair, then blow-drying your hair is just the easier way to make sure your hair is dry. Nobody wants to sit around for hours and wait for the heat to dry, so while we totally understand that using some heat can be inevitable, that is a line that we should not cross.

Using straightening, curling, or blow-drying towels on your hair too often is going to cause damage. You should never have them turned all the way up when you are styling your hair; after all, you do not need to actually burn your hair for it to style.

When it comes to blow-drying, you can use a low to medium heat and be perfectly fine. One of the best methods for this is to allow your hair to naturally air dry for about an hour, then go in with your hairdryer to finish up the job. This will allow you to use less heat and still get your hair dry pretty quickly. When it comes to straightening and curling tools, you can use alternative methods to get your desired style. If your hair is wet, you can use rollers in your hair to make curls. There are also countless tutorials online for heatless curls. You can use socks, straws, and a myriad of other tools to make different-sized curls in your hair.

Straightening can be a bit more tricky, since you will not be able to get the desired effect unless you have a hair straightener. In this case, it is best to put your hair straightener on the lowest setting that will still allow your hair to be straightened. You should also avoid straightening your hair every day. Instead, do it once and allow the style to set. You can then just style your hair with a straightener that you already have throughout the week.

In any scenario where you are using heat styling tools, you need to use a heat protector. Think of this as sunblock for your hair, absorbing

or deflecting a lot of the heat so that it doesn't damage your hair as a match. This is not an excuse to use your tools on a higher temperature, but it really does help eliminate some of the damage that can be caused from the heat tools.

## Showering With Boiling Water

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Ending the day with an extremely hot shower seems like a good idea, but it actually isn't. When you use water that is too hot on your hair or skin, it can have some adverse effects. We have already spoken about how heat tools can be a problem for your hair, so it only makes sense that any other type of heat is going to be a problem as well.

Using warm or hot water to rinse your hair out should be okay, but as soon as the water is steaming, then you know it is going to be a problem. When it's too hot, it can cause the cuticles of your hair to open up, and the nutrients fly out once that happens. Frizz means that you're going to have to use a lot more product and probably heat styling tools to tame them.

If you do shower in boiling hot water—we definitely advise that you don't do this because it's also bad for your skin—then you should change the water temperature when you are washing and rinsing out your hair. Giving yourself a nice cold glass of water before you step out of the shower will actually help with shine, and it will be easier to style. It is a good practice to get into.

## Using the Wrong Brush

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Not all brushes are created equal. Some brushes are made for styling, others for detangling, and others should just not be used at all. You have to know what your hair needs and then find the brush that's



going to meet those needs. One of the most common mistakes people make is just using any brush to detangle hair. This can easily lead to breakage and damage to the hair.

If you are detangling your hair, choose a brush that has softer bristles or use something like a wide tooth comb. This will minimize the amount of breakage that you create while detangling, since you want to be able to tease out the tangles rather than breaking the hair as you press throughout. You should not be seeing clumps of hair in your brush, as this is a clear sign that you are using the wrong type of brush and brushing too hard.

When you are dealing with lots of tangles in your hair, you need to use a brush that has fewer bristles. When there are too many bristles on the brush, you can lose track of how hard you are pulling and tugging at the hair. Something like a wide tooth comb or a tangle teaser will allow you to feel the knots as you reach them. You can then give that section of hair some more attention and gently remove the knot. Brushes that have a lot of bristles, like a pedal brush, tend to be better for people with straight hair. Those with curly and coily hair should focus on brushes with fewer bristles, and make sure that said bristles are quite soft.

Brushes like the Denman brush can be used for styling. The bristles on this brush are quite stiff, so they should not be used for detangling. People with curly and coily hair use the Denman brush to define the curls to reduce frizz. Combs with thin teeth should not be used on the hair to detangle. You should have a wide space between your comb teeth, because combs tend to be made out of really hard plastic.

## Detangling Your Hair Too Harshly

Having hair that's full of tangles and knots is not ideal, but you should handle these with care so that you don't break and damage your hair. We have already discussed using the right type of brush to detangle your hair, so once you have the right brush, then you can move onto the right technique. One of the biggest mistakes people make when they are detangling my hair is that they start from the top and just pour down, which can result in a lot of breakage. The best way to detangle your hair is to start from the bottom and slowly move your way up till you get to the top, since you create a smoother path for the night to move down. If you start at the top, every single tangle is all going to be clammed up together in one section, making it much more difficult to get rid of.

It probably does take longer to detangle, but it's definitely worth it and your hair will thank you. If you have curly or wavy hair, chances are you do not detangle your hair every day. This is because you do not want to disrupt the color pattern and you want to preserve your style for as long as possible, meaning that you will have more tangles and knots in your hair when it does come time to brush. You will then need to make sure that your hair is soft so you can work out the tangles. The best time to detangle your hair is when you have conditioner in it and your hair is wet, meaning it is most convenient to do this in the shower.

You should make sure that you are using the right type of brush here as well. Use a brush that has very soft bristles, like the wet brush. This brush has been designed to be used on wet hair so it does not damage and pull on the hair. Even better, you should use your fingers to detangle. That way, you can feel every tangle in your hair and can

gently work them out. This will result in less breakage, and it will be much easier to keep its position when you get out of the shower.

If you have straight or wavy hair, then you should not brush your hair when it is wet, as that can cause breakage if you do it too harshly. Since brushing your hair when it is dry will not cause any problems with your hair, you should do so before you get in the shower. When you're washing your hair, you shouldn't feel the need to run through it with a brush or a comb. Instead, just use your fingers if there are any tangles that need to be loosened. You can then use a styling brush once you are ready to style your hair. Since you already detangled the hair while your hair was dry before you went into the shower, there should not be many tangles and knots to deal with, making it a much easier time for you to detangle and style.

## Roughly Towel Drying Your Hair

When we watch movies, we sometimes see the main character step out of the bathroom with a towel wrapped around their head, and we all get the idea that this is a good idea. The truth, however, is that a towel is way too rough to use on your hair. Coupled with the fact that wet hair is far more fragile than dry hair, it is a recipe for disaster.

Typically, when we try our hair with a regular towel we take the hair and rub it between the folded towel. It can seem like this is the quickest and most efficient way to dry your hair but it is actually causing a lot of damage. The fibers of the towel are quite rough for the hair. Wet hair is also more delicate so more prone to breakage and damage. You shouldn't dry your hair this way, because it is going to make it much harder to style and get the look you desire.

All you want to do is get the moisture out of your hair, and you don't need to use a regular bath towel to do this. Purchasing a microfiber towel is going to be the best option for you. These are much more delicate on your hair, and will not pull or cause frizz. Even when you use a microfiber towel, however, you still shouldn't roughly rub your hair between the two towel ends. Instead, scrunch your hair in the towel to release the moisture. You can also wrap your hair in a towel turban so that the towel soaks up all the moisture and gets it out of the way.

If you do not have a microfiber towel, then you can also use a regular cotton T-shirt. This will have the same effect, and you can use an old one that you already have. After that, it is best to leave your hair to dry naturally and reduce the amount of heat you've put in contact with it.

## Coloring Your Hair Too Often and Using Chemical Treatments

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Sometimes, it is nice to touch up your hair with a little bit of color. You can add a completely new look to your hair and just change the way you feel. While it is fun to switch up your look, coloring your hair can cause a lot of damage. When you color your hair, you are using chemicals to either put color into your hair or remove some of it. All of this is not the best for your hair. You can color you here every now and then, but it is best to take a break between your colors and just enjoy your natural hair for a while.

This tip is even more important if you have darker hair. When your hair is dark brown or black, you need to strip it before you're able to add any color onto it. Stripping the hair removes the natural pigment,

which is quite a damaging process. Once the hair has been damaged by the coloring process, you cannot get it back to what it once was. You will have to wait for new hair to grow before you can get your healthy hair back. In my opinion, it is not really worth it and it is better to be as natural as you can.

People with lighter hair tend to get away with us a lot more because they can just add color on top of their natural hair, meaning there is no stripping process. It's still not the best for your hair, so I would still suggest that you use your color sparingly.

Hair color is not the only chemical treatment out there. Common ones are perms and Brazilian straightening treatments. These damage the hair in a way that allows it to go against its natural pattern.

This is how you can get curly hair even if you wash it when your natural hair is straight. The same goes for straightening treatments that use chemicals to break into his core pattern an allowed to stay straight. If you want a different kind of hair texture, this could seem like the best option for you but it is going to result in a lot of damage. Not euros so you will have to wait until the new hair grows out before you can get a full healthy hit again. It is far better to learn how to work with your natural hair and just use heat tools to create different textures. Heat is not the best option but it is definitely better than chemical treatments. Even with heat you should be cautious about using too much. Every hair type and texture is beautiful, you just need to know how to enhance that.

## Not Getting That Trim

There are many people who are very scared to get their hair trimmed. This is usually when they want to grow their hair very long, which can

seem counterintuitive to do for regular trends. The truth is that when you trim your hair, you're actually allowing it to grow a lot healthier and quicker, and the reason for this is that hair naturally gets split ends over time. The more you style, use heat, and use chemicals, the more split ends you will have.

When you have split ends, they start off with just a small amount of split. However, the longer you leave it, the larger the split grows. It can go all the way up to the top of the hair, which makes the whole hair strand unhealthy and much weaker. You will notice that the longer you go without going for a trim, the harder your hair is going to be to detangle. Split ends also just make your hair look dry and dull. They are not going to hold on to the product as well, and it's just going to make your hair look unhealthy.

If you have curly or curly hair, you might be able to get away with not going for a trim for longer. This is because you cannot tell that you have split ends since your hair is textured. However, it is still good to go and get your hair trimmed every so often. You also have the opportunity to have it shaped in the way that you want it to be. Tons of people try to trim their hair at home, but it is very difficult to do so properly. Most of the time, you end up messing up, and your hairdresser has to fix it. The problem is if you have messed it up too much, it becomes difficult for your hair stylist to cut it in a way that gives you the style that you want. This is why it is best to just leave it to the professionals and go in for your cut. It is recommended that you go in for a trim every three to six months.

## Applying Your Product to the Root

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Sometimes, you have a really amazing new product that you just want to use and you want it applied everywhere. You need to just hold on with this, however, because you should never apply product to the roots. This is regardless of the type of hair you have, because the roots do not need the product. Products are designed for the hair shaft so that it can make that part of the look its best, but the root does not need any product because it has the natural oils from the scalp to moisturize and nourish it.

When you apply products to the root, it's just going to weigh down your hair and cause product buildup on your scalp. There are specific scalp products that you can use on your scalp, but it should not be the regular creams and conditioners that you use on the lengths of your hair. This will also save you some product, since you are only using it about mid-shaft to the ends. The end is typically the part of the hair that's going to need the most product, so if you have to concentrate a product anywhere, it should be there.





## Styling Your Hair Too Tightly

We love a slicked-back hairstyle as much as the next person, but styling your hair in a very tight manner can cause your hair to break. When you style your hair too tightly, you are pulling on it, which can cause your hair to get pulled out by the root or snap. Many people suffer from something called traction alopecia. Alopecia is when your hair starts to fall out, which can be caused by age or a hormonal imbalance. Traction alopecia, on the other hand, happens because your hair is being pulled and being ripped out at the root. It might not feel this way, but if you noticed that your hairline is receding, then this could be the reason.

Tight hairstyles, like pulling your hair back into a tight ponytail or even braids, can have this effect. It is very common for people who have tight braids to start losing hair right at the temples. While all of these hairstyles are beautiful and really nice to have, they're often not worth it because they cause a lot of damage to the hair. If hair is continuously being pulled out by the root, it can cause permanent damage to the root of the hair, which might mean that you will struggle to grow that hair back. If you do use these styles, it should only be once in a while so that the hair can recuperate without constantly being put under that pressure.

There are many other styles that can be used that are much better for the hair. Do your best to loosen up your hairstyles, or just wear your hair as natural as possible. This will be the best way to allow your hair to grow stronger, and you won't have to worry about pulling and tugging. If you do pull your hair back into style, take your fingers and run it into the crown of your head, then just pull it out to loosen up the hair. This will make sure that there is no pulling or tugging. We

promise that your hair is going to thank you, and you will be able to grow a much healthier hairline.

## Not Taking Care of Your Hair While You Sleep

Did you know that your pillowcase could be causing a lot of hair breakage? Many people would never even consider this because hair isn't really something you think about when you are going to sleep. When you sleep, your head rubs up against your pillow throughout the night, which is why many of us will wake up looking like we have been electrocuted throughout the night. Not only does this rubbing will cause the hair to weaken and break, but it also causes frizz that you have to work extra hard to tame in the morning.

To prevent all of this, it is best to sleep on a silk or satin pillowcase. These are far gentler on the hair and will not cause breakage or frizz as you move around at night. These materials are slippery, meaning they do not rough up the cuticles of the hair. It is also really great for your skin because it prevents wrinkles as you age and feels wonderful on more sensitive skin.

If you are not a fan of a silk or satin pillowcase, you could also try out a bonnet, buff, or scarf made from the same fabric. All of these will keep your hair in one place, making sure that your style is not being disrupted as you sleep. People with more textured hair often choose this option because it keeps their hair in place without having to tie it up, which can ruin the style that they have set their hair in. It also keeps your hair out of your face and reduces tangles. This is especially important for those with long and thick hair.

You could also use both of these options for the maximum benefit. Silk and satin are really comfortable and long-lasting fabrics. Silk tends

to be on the more expensive side, making it a bit of an investment. However, it will last you for a really long time, so you do not have to worry about the color fading or having to replace it every so often. Regardless of which one of these fabrics you choose, the most important thing is that you are taking care of your hair as you sleep. You will also find that this reduces styling time in the morning, which is a big plus.

## The Right Products for Your Hair Type

Every hair type deserves to be treated in a different way that is going to help it grow strong and healthy. Since each type has different needs, it's going to be really difficult to use the exact same products and ingredients for every style. Understanding your hair type and the ingredients that work with it is going to really help you to take care of your hair in the right way. Perhaps you have been frustrated by products that promise one thing and just don't deliver. The reason that the products might not have worked is because it is not meant for your hair type. Marketing agencies don't really care too much about hair types, they care about selling their products.

We are going to go through different ingredients that you can be on the lookout for your hair type. This is going to help you pick up the right product and ignore pretty packaging and marketing gimmicks. This will save you money in the long run because you can buy products that are actually going to work for your hair, and not ones that just sounded like a good idea. It is really important to know what is in your products and what products are going to be good

for your hair type so that you can grow your hair to be healthy and give it what it needs. Common mistakes that people make is to just use products that were recommended by their friends, or that they see are being used often. Just because somebody else is using a product does not mean that it's going to work for you.

## Caring for Curly and Coily Hair

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Curly and coily hair will fall under the same category because they are both dryer types of hair and need similar ingredients. You might need to use them in different amounts and use different techniques for them, but the ingredients should stay the same. You will typically need much thicker products for this hair type so that you can seal in the moisture and allow it to look healthier and shinier.

We will talk about the ones that are really going to have a benefit for your type of hair and why that is. You can turn around your product bottles to look at the ingredients list to see if the product has these in them. If not, look for the products that do.



## MARSHMALLOW ROOT

What? You didn't know that marshmallows grow on trees? Just kidding. While it does have the name of the fluffy white sweet treat, this is not the same type of marshmallow. Marshmallow root is a herb that has its origins in Africa, and has been used by ancient Indians, Egyptians, Chinese, and Greeks. Many cultures have discovered its benefits, and it has been used medicinally for over 2,000 years.

It has antibacterial properties that soothe inflammation, meaning it's great if you have an inflamed or dry scalp. The other great thing about this is that it is super slippery, which is perfect for curly and coily hair because it will allow you to remove your tangles much more easily. If you can find a color cream or conditioner with marshmallow root in it, then you know that it's going to create a slip in your hair and make the detangling process so much easier for you.



## BURDOCK ROOT

This is another great root that you can add to your ingredient list for your hair. It is a native to Asia and Europe and has been widely used across the globe. In skin care, this root acts as an anti-inflammatory agent. It is also antibacterial and antifungal, which means it is great for scalp treatments. This root combats excessive production of sebum, meaning it is amazing for skin and scalp conditions where the production of oil becomes too much.

The other benefit of this is that it can help with hair growth. When excess sebum and oil clog up the pores and cause hair to stop growing, the effect that it has on oil production is going to be really helpful for hair growth in specific hair types. It creates a healthy environment on the scalp and improves the circulation of blood to the area. This can help with hair thinning and hair loss, and can also stimulate the production of new hairs.



## ALOE VERA

We have already mentioned how amazing aloe vera is for the hair. There are tons of benefits, and when you have curly or wavy hair, it is even better for you. If you're looking to combat lifeless and dull hair, then aloe vera is going to be your best friend. It's also going to help if you have an itchy scalp and are looking for something that's going to help you grow your natural hair long and strong.

There are many products that have aloe vera in it, so it will be quite easy for you to find. You can also use aloe vera on its own if you wish. The gel from the aloe vera plant contains many vitamins and minerals, which makes it extremely good for growing your natural hair. It will also help to lock in the moisture into a strand so that they become stronger and less prone to breakage. If you have an itchy scalp, then aloe vera is great for soothing it and preventing any dry scalp conditions.



A common problem that comes with textured hair is that it tends to be very dry and frizzy. Aloe vera in a conditioner or leave-in treatment is great to add some shine and make your hair soft. This will make the frizz manageable and allow your hair to be soft and shiny. You can apply aloe vera gel to your hair as is; since it is a natural ingredient, it is not going to have any adverse effects. The gel can be quite difficult to work in the hair. It actually acts like a gel when it hardens, so it will hold your hair in place so that your phrase stays down. Thankfully, you can just dilute it with a bit of water.

## OLIVE OIL

They are whole lines of curly hair products that are designed around olive oil and for good reason. Olive oil has so many benefits for curly hair, and it is one of the best oils that you can use. When using olive oil, make sure that you are using the extra virgin variety, because this is the most pure and is going to have the most benefits. You should also make sure that you do not use oil mixtures. There are plenty of olive oils out there that market themselves as a pure olive oil, but when you look at the ingredients, you see there's more than one type of oil on there. You can also use olive oil as an ingredient in your hair care products.

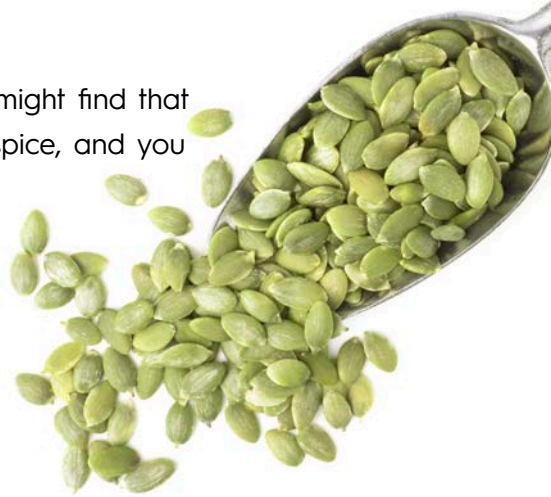
If you have very dense hair or hair that is extremely damaged, then olive oil will work a treat. It can help with the dry and frizzy texture by smoothing it out, and it is also great for the scalp especially in the winter months. There are plenty of products that



have olive oil in them where you can apply it directly to your scalp and allow it to sit and moisturize it. You can also do all olive oil masks and scalp treatments. Olive oil is great to help repair any damage and split ends that you might have in your hair, and it will also enhance the growth of your hair because of this protecting power.

## PUMPKIN SEED OIL

As it comes around to October, you might find that people are busting out the pumpkin spice, and you can smell the fall weather in the air. Pumpkin is not only good for making jack-o'-lanterns and adding a little bit of spice to your latte as it gets cooler, however. There are tons of benefits of pumpkin seed oil for curly hair.



The oil pressed out of a pumpkin seed is filled with many vitamins and minerals that are good for your hair. There are tons of fatty acids, as well as proteins that can be used up by the hair and allow it to grow stronger and longer. Pumpkin seed oil helps the hair to retain moisture in the dryer months so that it doesn't just escape out into the environment. Curly and coily hair is already dry, so you want something that is going to help to retain that moisture. Pumpkin seed oil can also help with hair loss. It is best to use pumpkin oil as an ingredient in hair care products or taken as a supplement, as it doesn't work well when used on its own.



## CASTOR OIL

Castor oil is a really thick oil that is used for many reasons. There are tons of really good products that use castor oil in them. Since it is so thick, it is difficult to wash it out of your hair, so most people don't really like to use it on their own. This is why it's best to find a product that has a good amount of castor oil in it, so you can still reap the benefits without being as sticky.

Costa oil has omega-six fatty acids, as well as vitamin E. This helps to clean the scalp, keep it moisturized, and stop it from drying out. This helps with hair growth and repairing of damaged hair. Since it is so thick, it is great to put on the length of your hair to prevent split ends. This is best done using a serum or a cream that has castor oil in it, since pure castor oil will leave your hair looking very oily and will weigh it down.

If you use castor oil in the right way, you can get beautiful and luscious curls that are shiny and healthy-looking. It will strengthen your hair to make sure that it doesn't break. You can also use castor oil as a massaging oil on the days you want to do a scalp massage. I would suggest warming it up a bit to allow it to be a little bit more liquid, and as you do that, it will become easier to massage into your scalp.

You can leave it on your scalp for an hour or so and then wash it out. You'll probably need to double shampoo to make sure you get everything out, and you'll also need to use warmer water since cold water is not going to help get the oil out of your hair.

## SHEA BUTTER

If you have been part of the curly hair community for a while, you will know about the ingredient called Shea butter. It is thick and moisturizing, and many girls and guys with curly hair swear by it. Many people also choose to use it on the skin, but be careful if you do, because it can cause acne if you have very oily and acne prone skin.

Because of its thick consistency, it is great for sealing in the moisture in the hair. In fact, you can see the effects of this product as a sealant almost immediately. Since curly hair is easily dried out, this is great to just add on to your hair to keep that moisture locked in for a long time. It can also help loosen up your tangles.

If your hair is quite coarse and difficult to comb through, then Shea butter is going to be a really good ingredient to have. You can use it on its own or in products. There are plenty of curly and coily hair products on the market that have this product in it because it is so good for those hair varieties.

Looking for products with all of these ingredients? Try Hairfinity Elite's Curly and Coily Shampoo and Conditioner. These ultra moisturizing formulas soften and smooth the hair to enhance shine, silkiness, and tame frizz.



## Caring for Straight and Wavy Hair

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Straight and wavy hair are put together in a category because they are quite similar. Wavy hair will be slightly drier, but not to the extent that curly and coily hair would be. You can use pretty much the same hair products for wavy and straight hair and see pretty good results. In some cases, you can use certain curly hair products on wavy hair. This will just depend on the wave pattern and texture of the hair and the texture.

We are going to go through some ingredients that are really good for both wavy and straight hair. You can look for products with these ingredients in them and you know that it's going to really help bring out the best from your hair. You can use some of them on their own, but it is usually best to have them in a product so that it is not too heavy on the hair.



## SOAPWORT

This one already sounds like it has a very funny name, but I promise that is not going to cause any warts. I'm not actually sure why they named this, but it is a great cleanser for the hair. It is quite a gentle cleansing substance, so it can be used on more sensitive skin as well as hair that does not need to be deep cleaned.

Since you will most likely be washing your hair more often when you have straight or wavy hair, using something that is a little bit more gentle is going to be very beneficial to you. This ingredient will help clean your hair just enough so that it feels fresh and light, but it won't completely strip your hair of all its natural oils and goodness.

Use this as an ingredient in your shampoo in order to get the best benefit from it.



## RICE EXTRACT

Many people absolutely swear by a rice extract and using rice water on the hair, claiming that it helps to grow your hair longer and stronger. There is a group of women in China that use this water and extract to rinse out the hair, and they have some of the most beautiful people here around. It is also incredibly long, thick, and healthy. I promise you have never seen hair quite like this before.

Rice water goes back centuries, so even though it seems like a new trend in the West, it is not new in the slightest. People usually make it in their homes by soaking rice in water and then fermenting it. They then pour it over the hair or leave it in as a mask before washing it out.

A word of caution, however—the new rice water can smell really bad, and it can be quite drying due to the amount of protein in it. Protein is great to have for your hair, but if you do not need it, then it can make your hair a little bit brutal. Using a rice extract in a product is a great way to utilize the benefits offered but avoid the adverse effects.

There are many products that will have rice water and rice extract, so just be on the lookout for that. Rice extract will have many amino acids, vitamins, minerals, and antioxidants. When it is in a hair care product, it will help to detangle the hair and make it smooth. You may also notice that your hair becomes a lot shinier and stronger, and it is also said to make hair grow really long.

People with any kind of hair texture can use rice water as long as your hair agrees with it. You will only know once you try, so you can try a rice water mask and see what results you get from that. If you feel your hair is getting a little drier and brittle, then you know that you have put too much protein in it. Otherwise, your hair will tolerate well, and you can continue using your rice water mask and rinses.



## GRAPSEED OIL

We have already touched on the wonders of grapeseed in an earlier chapter, so you should be familiar with how good it is for the hair. As you might have picked up from the name, grapeseed oil is extracted from the seed of the grape. It contains vitamins and linoleic acid, which are essential for healthy hair and growth.

This oil is also amazing to lock in the moisture of your hair. If you struggle with a bit of frizz or dryness, then you can use grapeseed oil to seal in that moisture without leaving your hair feeling heavy. If you have thinner or finer hair, it is better to use grapeseed oil in a product rather than using it on its own, as any type of oil is going to weigh down thinner hair textures.

If you notice that you are getting some split ends, then you can use grapeseed oil as a sealant for the ends of your hair because it's smooth as it is. This will prevent the split ends from traveling up higher into the hair shaft. There are a few stores out there that have grapeseed oil that can help you with this. You can also use it on your scalp for scalp massages, and it's great for reducing hair loss and dandruff. This is going to make your scalp look and feel so much better. Since it is not a heavy oil, it doesn't weigh your hair down. This is great for straightening wavy hair texture, since your hair probably doesn't have as much volume and you do not want to take away that volume with something heavy. Grapeseed oil is also easily washed out of the hair, so you do not have to spend a long time vigorously rubbing out the oil when it's time to wash it out.

## AVOCADO OIL

Millennials love a good avocado on toast, but this fruit has more benefits than just being delicious as a breakfast. Avocado oil contains many vitamins, minerals, and antioxidants that help your hair to be strong and healthy. If you place it on the scalp, you will be able to soothe inflamed or itchy areas, and it'll also help reduce dandruff because it is a more moisturizing oil.

Avocado oil is great to use on the length of the hair to strengthen it and prevent breakage. You can use a thin layer to coat through the hair to make it more flexible. If you find avocado oil in hair creams and serums, then this is going to be great for you, because it's going to allow the hair to be a bit more flexible and stronger. This is great for when you are detangling and brushing your hair, as it will allow the tangles to get loosened and the brush to just slide through. Though it will make the process a lot easier, you still have to be gentle when you are brushing.

Avocado oil is also great for protecting your hair from damage from the environment. It doesn't matter what kind of climate you live in here, because you are going to have to face some sort of environmental factor no matter what. This could be pollution, seawater, chlorine, sunlight, or heavy winds. Avocado oil can help protect the hair so that it is not too damaged by these factors.



## ALOE VERA

We have already spoken about the benefits of aloe vera for curly and coily hair. Pretty much the same benefits would apply to straighten your hair. In general, aloe vera is a great ingredient to have no matter what type of hair you have.

If you are looking for something that is going to allow you to get your hair clean, but not stripped, you can use aloe vera, either as an ingredient in a product or use it as is. This is great if you want to use something in between your washes, particularly if you have very oily hair that needs to be taken care of each day. Unless you are allergic to it, this is an amazing ingredient to have in your hair care routine as well as in many of your hair products.

Looking for products with all of these ingredients? Try Hairfinity Elite's Straight and Wavy Shampoo and Conditioner. These restorative formulas nourish and smooth the hair while adding shine and bounce to every strand.





# CHAPTER 5

LET'S FIX YOUR HAIR PROBLEMS AND CONCERNS

We all have very specific concerns that follow us, even if we have a specific hair type or texture. Knowing how to solve our hair problems will help us to be more confident with the hair that we have and enjoy it a lot more. Hair is something that we should be proud of, because it is part of who we are and it is built into us. Now, let's go through a few of the most common hair problems and show you what you can do to fix them, as well as the ingredients you should look out for to help you with them.

## Slow Growth

Everyone dreams of having long hair that grows out super quickly. Unfortunately, not everyone is born with the genetics that will allow hair to grow very long very quickly. Not to mention the fact that the chemical processes and the way we take care of a hair can slow down the growth of a hair which is not ideal. This is why using special ingredients can really help with this.

2 ingredients that can really help with this are nettle and horsetail. You can use these ingredients separately or together, or in products that help with hair growth. There are also many at-home recipes that you can use to get some really good benefits from these two things. You can make a nettle hair tonic by just putting a large handful of nettle leaves in 2 cups of water and bringing it to a boil. You can add a few drops of your favorite essential oils to help it smell nice, then just spray this on your hair and let it sit for about 10 minutes before you wash it off. Remember to massage it into your scalp to get the full benefits offered. The tonic should be cool when you use it, and you can keep it in the fridge for about six months.



You can also make a horsetail tonic. All you will need to do is boil a handful of horse tail and 2 cups of water. Let it cool in the pot, then strain it out into a spray bottle. You can spread your hair about 20 minutes before you need to wash it out. Remember to massage your scalp just as you would the other tonic to make sure the ingredients really get in there and you get all the benefits.

## Breakage

When you have weak hair, it can break really easily. Hair breakage is not ideal because that means that your hair cannot grow past a certain point, and it is just going to be looking dull and lifeless. Sesame seed oil is great to use on your hair to help strengthen it. You can make a hair mask out of the sesame oil by just applying it straight to your ends. It will fill in the gaps that are in your hair so that it becomes stronger. You can also choose products that have sesame oil in it to help you with breakage.

## Dryness

Dry hair is a pretty common thing to experience, especially if you have curly or coily hair. There is no need to panic about it, but you should take steps to alleviate the dryness, because your hair also becomes weaker when it gets dry. The weaker your hair is, the more prone it will be to breakage and frizz.

One of the best ingredients you can use to help bring moisture into your hair and alleviate dryness is honey. There are tons of recipes for honey masks that you can use on your hair, the most simple one is going to be olive oil and honey. These two ingredients help to lock in

your hair's moisture, and when you wash it out, you will find that your hair is a lot shinier and a lot more supple. What you need to do is mix two pots of olive oil and one pot of honey. You might need to warm up to honey just a little bit so that it mixes well with the oil. Once it is fully mixed together, you can run it through your hair and allow it to sit for a few hours before washing it out. You can also just add honey to your conditioners so that you can get some added moisturizing benefits when you are taking your next shower.

The next ingredient that is amazing for your hair is kelp. This might sound strange, but it really does work. There are plenty of vitamins and macronutrients in sea kelp; in total, it contains about 46 minerals, 16 amino acids, and 11 vitamins. That's a lot of benefits from eating just one ingredient.

Kelp is great for dry damaged hair, since it adds in the vitamins in minerals it needs to strengthen it and pull in the moisture that it needs. It would be pretty difficult to just wrap your hair up in kelp and expect a difference, but this is fortunately not how it works. It can also smell really bad, so most people would not want to put that in their hair anyway. The best way to use kelp is in a product that already has it in it, or take sea kelp supplements. These are available from most pharmacies, and you can get them even without a prescription.

## Dull Hair

If you struggle with dull hair, then you should try looking into thyme. There are plenty of benefits that come from using thyme leaf in your products and directly on your hair. Not only is it great for dull-looking hair that looks dull, it also helps with dandruff and weak hair.

You can make a tonic by just using about a quarter of a cup of fresh thyme, 1 tablespoon of honey, and half a cup of apple cider vinegar. All you need to do is add your thyme and apple cider vinegar to a jar and close it up with a lid, let it sit for about three days and then strain it out, then just mix in your honey. You can add this to a spray bottle and keep it in the fridge. When you're ready to use it, you can just spray it along your hair length and massage it into your roots. You can use this daily if you need to. However, the smell of apple cider vinegar is quite strong, so this is not recommended. I would suggest using it just before you go in the shower. You can leave it on for about 10 to 30 minutes, then wash it out. You will notice a big difference in the way your hair shines afterwards.

## Split Ends

Split ends is a pretty common problem that many people suffer with. There is no true way to get rid of split ends unless you cut them off. However, there are things that you can do to help improve the appearance of split ends and seal them back together for a time. This is where fenugreek comes in. You can look for products that have fenugreek in them. Serums typically are really good for split ends as they seal them up and prevent them from spreading off the hair shaft.

You can make a paste using fenugreek and yogurt. Yogurt is also great for the hair because it adds protein, which will strengthen the hair. Make sure that you're using full fat Greek yogurt for this. You will need to grind up about 1 to 2 tablespoons of fenugreek seeds and then mix it in with the fresh yogurt. Apply the paste to the lengths of your hair and allow it to sit for about 30 minutes, then wash it out using shampoo. Don't be alarmed if the paste gets a little hard. As

soon as you start using the water, it will loosen up and wash out quite easily.

## Frizz

Frizz is an incredibly common problem that people with curly or coily hair tend to have. Other head types can also experience this, though this is usually due to static and just general dryness. Two ingredients that you can use to help this are comfrey and flax seed. This will help tame your frizz and allow your hair to be shiny and well-managed.

Comfrey is a herb that you might not have heard of before, but it is great for dry hair. The properties that it contains will make your hair easier to manage and comb through, meaning you will experience less breakage and tangles in your hair. Since it restores the moisture in your hair, it will also make it smooth and soft. You can either find this as an ingredient in the products you use or you can make your own hair rinse. All you need to do is boil up the herb in some water for a few minutes, then pour it into a spray bottle and use it on the length of your hair. You can leave it in for about 30 minutes to an hour before washing it off. You can also add your herb to your regular hair mask or conditioner to get some added benefits.

The next ingredient that is great to use is flaxseed. We have already spoken about how great flaxseed is to eat, but you can use it on your hair as well. This is especially good if you have frizzy and dry hair. You can actually make a flaxseed gel that is free from chemicals and is completely natural. All you need to do is bring some flaxseed to the boil in a pot of water. You can use about 1/3 a cup of flaxseed to 2 cups of water. After about five minutes, you will find that the water turns slimy in texture. Put the slimy mixture into a cheese cloth



and drain it out so the flaxseed stays behind and the gel falls into the container. You can use the gel just like this, or you can add some additional ingredients for additional benefits.

Some things that you can use are our aloe vera gel, your favorite oil, and essential oils for a nice smell. You can put it into a tightly closed jar and save it in the fridge for about two weeks. You have the freedom to use it as you please, whenever you like. Since it is natural, you can use it in your hair and keep it on for the whole day to make sure that your frizz always stays put.





# Heat Damage

Heat damage is a pretty common problem with a lot of people's hair, which causes the hair to feel really dry and look dull. The best way to solve severe heat damage is to chop off the hair that has been affected. However, this is not feasible for most people, as they want to preserve their hair length. In this case, you can make your hair look less damaged and strengthen it as best you can until it starts to grow out. This will allow your hair to look healthy and shiny, and even feel better while you wait for your new hair to come in.

Two ingredients you can use to help our green tea and chia seeds. Both have amazing properties in them that will assist with the strengthening of your hair and adding shine back into it.

Let's first talk about green tea. Green tea is able to repair the hair and prevent split ends. Split ends that are already present can be diminished by using green tea because it moisturizes and controls breakage. Green tea will also add a very healthy shine to the hair. This is definitely needed when it comes to heat-damaged hair because dullness is a major problem. Green tea contains vitamin E, which is necessary to add softness and shine to the hair and helps it to be smooth and free.

It is fairly simple to use green tea on your hair. All you need to do is brew it as you would normally tea, using about two tea bags for one cup of water. Once it is brewed, you can pour it into a spray bottle and use it on your hair. You can also add other ingredients to it like oils to enhance its strength. Since green tea is pretty neutral in its smell, you do not have to rinse it out of your hair if you do not want

to. You can keep it in your head the whole day and then wash it out at the end of the day.

Many people eat chia seeds for their health benefits, but you can also use them on your hair. Chia seeds have a lot of protein and phosphorus, which can fortify and strengthen your hair fibers to reduce the breakage that can come from heat damage. It also acts as a softening agent to boost the elasticity in the hair if used as a hair mask. You'll find that you have a lot more shine to your hair when you add these seeds to your routine.

In order to use chia seeds in your hair, you will need to form a gel out of it. Chia seeds turn into a gel when you submerge them in any liquid, just like what happens with the flaxseeds. You can add about 3 tablespoons of chia seeds to one cup of water. Allow it to sit for a few hours so that you get a gel texture. You could also boil it over the stove for a few minutes until you see the gel forming. Next, you need to strain it through a cheesecloth to separate the seeds from the gel. You can then use the gel directly on your hair or mix it in with a few other ingredients to form a mask. Leave it in your hair for a few minutes, or up to an hour, and then wash it out. Your hair will look so much better.

## Itchy Scalp

An itchy scalp is quite a common problem that many people suffer with. There are a wide variety of causes, but somebody with an itchy scalp will usually also have dandruff. Aloe vera is great for soothing the scalp and helping with the dandruff. We have already spoken a lot about aloe vera and how you can use it. You can also find many

products that have aloe vera in them, which can soothe your scalp and stop that itch.

One important thing when you have an itchy scalp is that you do not scratch it. I know it can seem impossible, but scratching is only going to make it worse and open you up to infections from bacteria. This is why it is so important to soothe the itch. Once you do this, it will be a lot easier to manage, and you do not have to risk damaging your scalp and worsening the condition.

Another ingredient that you can use is echinacea, also known as the purple coneflower. It has been used as a form of herbal medicine for many different health problems, and has even been used to treat colds and flu. It is known to be a stimulant for the immune system when drunk as a tea or taken as a supplement.

When placed directly on the head, you can use this as a remedy for dandruff, helping the scalp so that you do not have to deal with the itch. As an anti-inflammatory, it will also slow down the rate of inflammation that takes place, making the scalp a lot more comfortable. You can also add this to your shampoo or find it in a pre-made product. An easier way to use this is to brew it up as you would tea and then spray it onto the scalp, then you can wash it off as you would any other tonic.

As you can see, there are tons of natural remedies that can be used on many different hair and scalp issues. The beauty of natural products is that we can utilize what is already found in nature for our benefit. There are tons of products on the market that have these ingredients in them to assist with many different types of problems. Our company has made products specifically out of these ingredients to make sure that they target your hair needs. You should be able to

find ingredients and products for whatever your specific problem is so that you can have the hair that you have always wanted and deserve. Everybody deserves to have beautiful hair and a style that they are comfortable with!

Want an easy way to use these powerful ingredients to solve your hair issues? Try adding Hairfinity Elite's Power Shots to your shampoo and conditioner to customize your hair regimen to your specific needs.



# CONCLUSION

We have now come to the end of the book where it becomes time for you to start implementing the things that you have learned. Chances are that you would have found out what your hair type is and how to handle it. You would've already known what your hair struggles are, but now you have the knowledge to solve them.

All the ingredients that we have spoken about in this book can be found in our haircare line. Our products have been created so that they can target specific problems, since we know that not everybody's hair is going to be exactly the same.

Each person is unique, and that means your hair will be unique as well. You can mix and match our products to make sure that you give your hair exactly what it needs. This will allow you to come out on top and feel the best you can possibly feel.

Hair is our crown, a source of major confidence. It is something that we should take pride in and do all best to give it what it needs. Take some time to think about your hair and the specific problems that you are struggling with. You can write it down on a piece of paper so that you remember what your specific struggles are, then go back through the book and find out which ingredients to use for your struggles in this type. You can also have a look at our hair care regime to see the products that match your struggles.

No matter what your hair type, texture, or struggle is, you can have the hair that you deserve. It will take a little bit of effort, and maybe even some trial and error, but it is completely possible to have hair that feels wonderful. No hair problem is too far gone for it to be solved, and you can learn how to love your natural hair when you learn how to take care of it in the right way. It's not about changing your hair into something that it's not, but about embracing the hair

that you were born with and choosing to see the beauty in it. When you truly understand that your hair is beautiful the way it is, you want to take care of it and treasure more.

I hope that you have gotten everything that you wanted out of this book and that you leave feeling confident knowing that there is something for you and your hair. Remember that any hair products or treatments that you start will take a few weeks or even months to start showing progress. Nothing will happen overnight. Be patient with your hair and stay consistent with the hair routine that you have chosen. Consistency is key to being able to see results that you are happy with. After about three months of doing the same hair routine, you can check in with yourself to see how your hair is doing. If you're not seeing the results that you want, you can change it to a new ingredient. If you're happy with the changes you see, then you can continue going strong with your plan.

We wish you nothing but the best on your hair care journey. We know that you will be able to get amazing results and beautiful hair by staying consistent and following the tips in this book.

And if you're looking for a healthy hair regimen designed to adapt to your ever-changing hair needs, contact your GOFINITY consultant to see how you can get a REGIMEN DESIGNED JUST FOR YOU!