

Do's and Don'ts of HAIRLOSS PREVENTION

DO's

Check for signs of hairloss

Look for changes in density, volume, how wide your part is, and how visible your scalp is.



Manage your stress

Stress disrupts your hair's natural growth cycle, which may cause hairloss. Engage in calming activities like meditation or yoga when you are stressed out.



Brush your hair gently

Apply full strokes from the scalp to the tips of your hair to distribute the hair's natural oil.



Get lots of Vitamin E

Vitamin E from nuts, seeds, and green vegetables can help strengthen hair and encourage hair growth.



Use your hair products sparingly

Hair experts warn against the improper use of hair sprays, gels, and relaxers. Use these products less often for less damage.



Seek professional help when you notice changes in your hair

Hair experts can identify hair problems and recommend the right hair treatment to address your needs.



DONT's

Smoke

Cigarette smoke contains thousands of harmful chemicals that affect the body, including the hair.



Drink heavily

Binge drinking dehydrates the body, depriving the scalp of essential nutrients needed for hair growth.



Overdo chemical treatments

Cigarette smoke contains thousands of harmful chemicals that affect the body, including the hair.



Overuse heat tools

If you have to use hair irons or curlers, make sure not to go over the same section of hair so many times, otherwise you get bad breakage.



Rub or pull on wet hair

Wet hair tends to break more easily, so avoid rubbing and combing hair when it's wet.



Stop Hair Loss

Michael Brown



Stop Hair Loss:

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