



Grow your Hair in 90 days

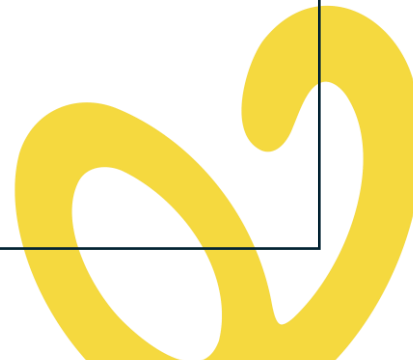
Welcome to the Program

SUMMARY

- **Hair growth follows a 90-day cycle**, and maintaining a natural, holistic routine can help keep hair in its growth phase.
- **This program focuses on natural solutions** for hair health, including diet, homemade treatments, and lifestyle habits, without relying on chemicals or invasive procedures.
- **Setting an intention is key** to success, as it helps rewire the subconscious mind and creates a strong foundation for consistency and long-term results.
- **Tracking progress and celebrating small wins** fosters motivation, reinforcing the commitment to healthier, stronger hair over time

YOUR REFLCTION

Take time to reflect on what you have gained from this lesson:





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CALL TO ACTION:

1. **What are your hair goals?** Write down what you aspire to achieve in the next 90 days.

2. How much time will you dedicate daily to your hair care routine? Share below (ideally 10 minutes)





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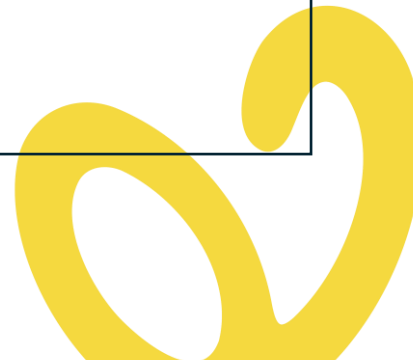
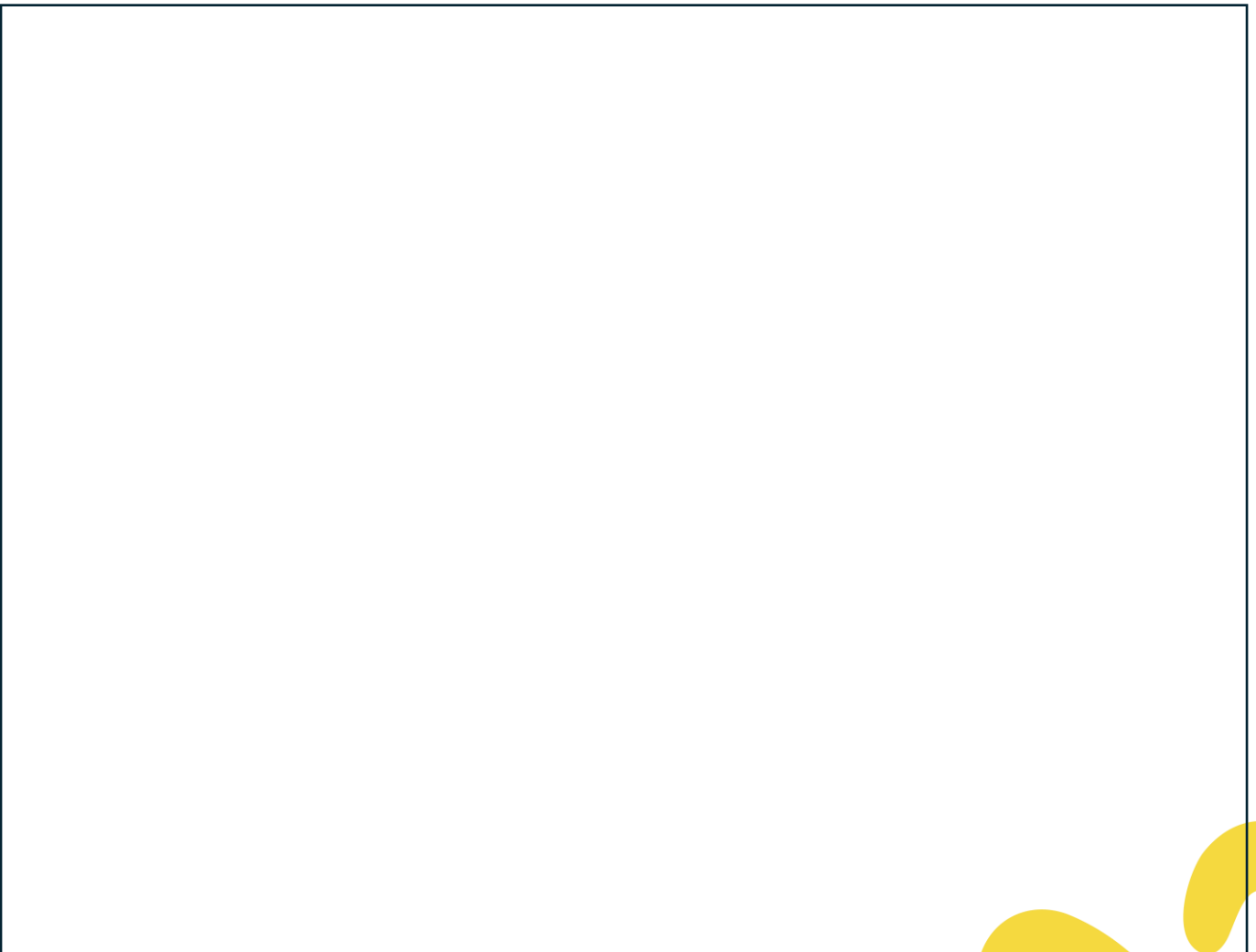
Lesson 1: What happens to our Hair as we age?

SUMMARY

- **Hair changes with age** include thinning, greying, slower growth, and increased dryness due to reduced keratin and melanin production.
- **Hormonal imbalances** from conditions like PCOS, thyroid disorders, pregnancy, and menopause can significantly impact hair health, leading to thinning or excessive shedding.
- **Genetics influence hair health**, determining factors like density, early graying, and hereditary conditions such as male and female pattern baldness or alopecia areata.
- **Lifestyle and health factors** also play a role in maintaining hair vitality, making it essential to understand personal triggers for hair concerns.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





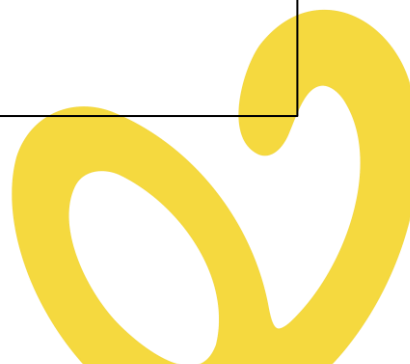
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CALL TO ACTION:

1. What specific hair concerns have you noticed?

2. What do you think might be causing these issues in your case?

3. Share the information with your Tribe and let us know about your experience below





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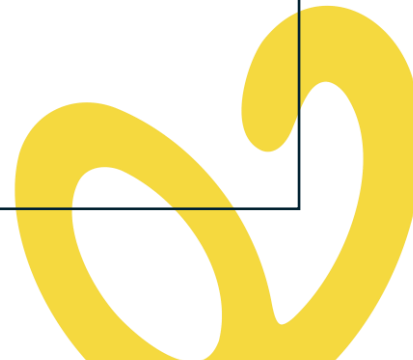
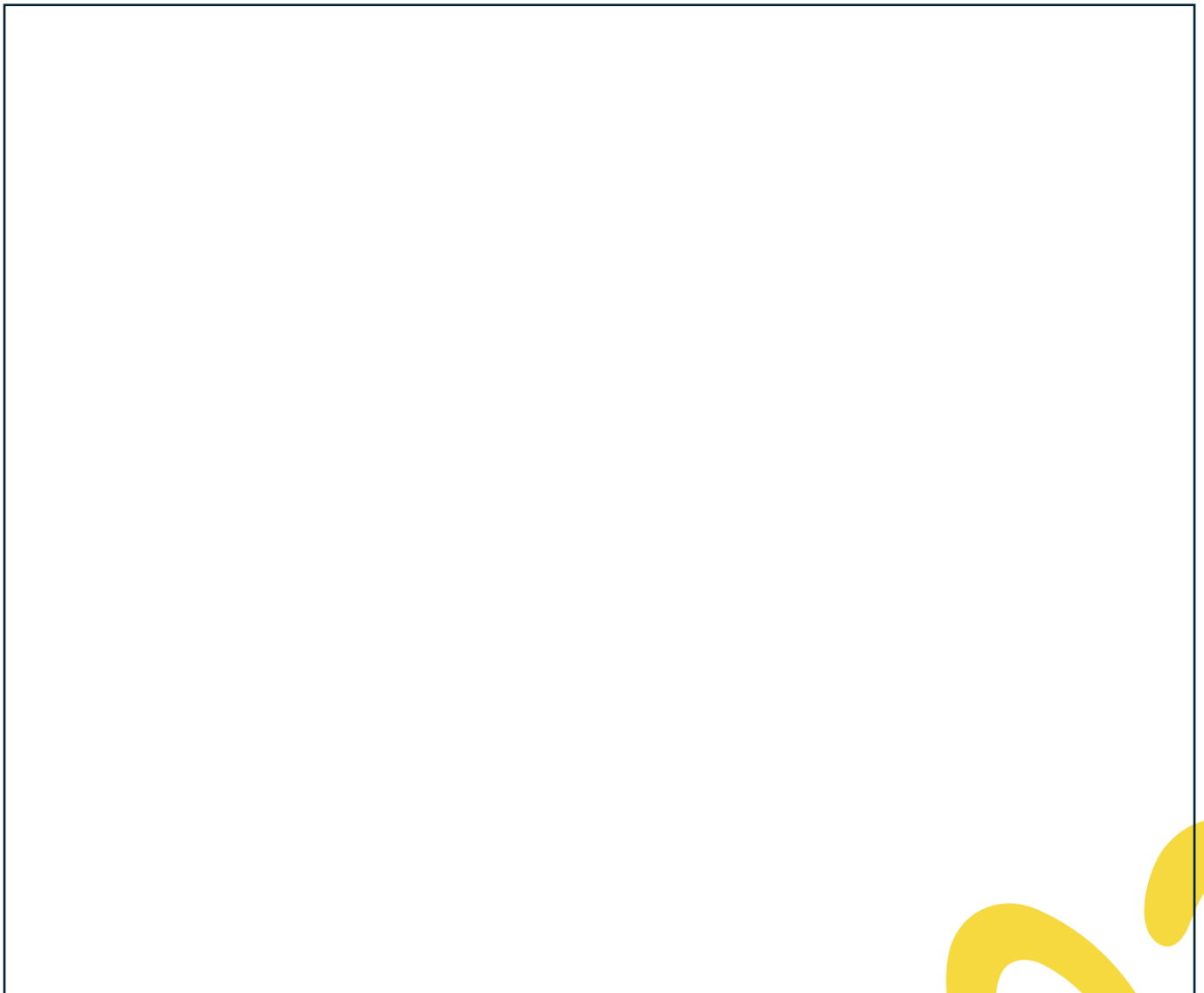
Lesson 2: Factors affecting Hair Health

SUMMARY

- Hair health is influenced by multiple factors, including nutrition, hydration, scalp care, natural treatments, and protective measures.
- A proper hair care routine involves gentle cleansing, deep conditioning, and scalp massages to stimulate blood flow and strengthen hair.
- Natural treatments like oils and herbal rinses help nourish the scalp, while limiting heat and chemical exposure reduces damage.
- Lifestyle adjustments such as stress management, meditation, and proper sleep play a crucial role in maintaining strong and healthy hair.

YOUR REFLECTION

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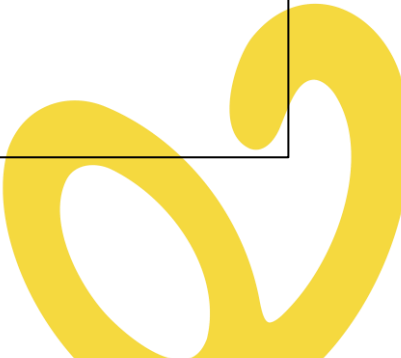


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CALL TO ACTION:

- 1. How often will you focus on each aspect of your hair care? Mark your planned frequencies.

- 2. Which habit will you start with today? Choose at least one to begin.





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3. **Where can you place a reminder for consistency?** Add a chart to your mirror or a visible spot.



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Lesson 3: Understanding Hair concerns & Identifying your Hair issues

SUMMARY

- **Hair Growth Cycle** consists of three phases: **Anagen** (growth, 2-7 years), **Catagen** (transition, 2-3 weeks), and **Telogen** (resting, 3 months). The goal is to keep hair in the **Anagen** phase for longer to maintain thickness and health.
- **Hair Structure & Type** includes **porosity** (low, medium, high), **density** (low, medium, high), and **classifications** (straight, wavy, curly). Understanding these helps in choosing the right hair care routine.
- **Key Factors Affecting Hair Health** include **nutrition, hair care routine, natural treatments, protective styling, and lifestyle choices**. A nutrient-rich diet, gentle care, and stress management support a longer Anagen phase.
- **A 90-Day Commitment to consistent hair care, proper diet, and lifestyle adjustments** can improve hair's health and appearance. Patience and dedication lead to noticeable results.

YOUR REFLECTION

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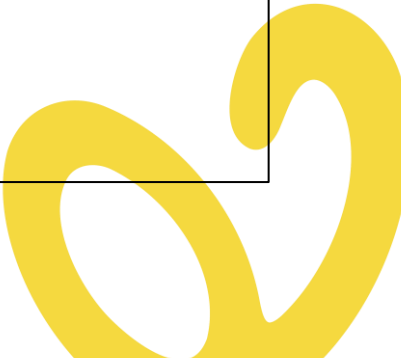
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CALL TO ACTION

1. **What is your hair porosity, density, and type?** Write it down to personalize your hair care routine

2. **Which nutrient-rich foods will you add to your diet to support hair growth?** List them out.

3. **What will your gentle hair care routine include?** Outline your washing, conditioning, and scalp massage plan.

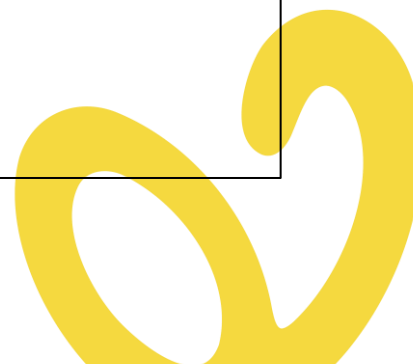




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4. Which natural treatments will you incorporate, and what harsh chemicals will you avoid? Make a note of your choices.

5. How will you integrate stress management, exercise, and breath work into your routine? Write down your plan.





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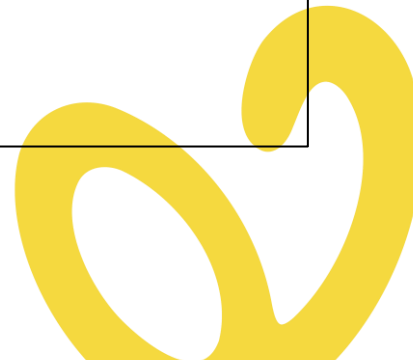
Lesson 4: Hair Growth, Retention & Maintenance

SUMMARY

- **Hair growth** involves stimulating hair follicles through **nutrition, scalp care, and supplements** to encourage new hair production.
- **Hair retention** focuses on **preventing breakage and excessive shedding** by using **protective styles, keeping hair moisturized, and handling hair gently**.
- **Hair maintenance** ensures ongoing hair health with **regular washing, conditioning, trimming, and a consistent hair care routine**.
- Understanding **individual hair needs**—whether growth, retention, or maintenance—helps in creating a **personalized hair care approach** for stronger, healthier hair.

YOUR REFLECTION

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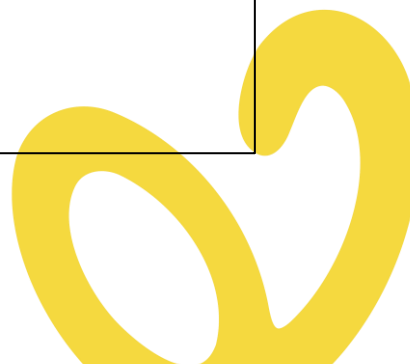
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CALL TO ACTION:

1. **What is your primary hair goal?** Do you need to focus on hair growth, retention, or maintenance?

2. **Why did you choose this goal?** Identify the key concerns or challenges leading to this focus.

3. **How will you implement your routine?** Outline your hair care plan and add it to your calendar for consistency.



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Lesson 5: Hair Elasticity

SUMMARY

- **Hair elasticity** refers to how much hair can stretch and return to its original shape without breaking, indicating its overall health and strength.
- **Elasticity levels vary**—high elasticity means strong, healthy hair; medium elasticity suggests the need for more moisture and protein; low elasticity indicates dryness and brittleness, requiring intensive care.
- **Improving hair elasticity** involves deep conditioning, incorporating protein treatments, and avoiding excessive heat styling or chemical treatments.
- **DIY treatments and professional care** like flaxseed masks or salon treatments can help strengthen hair and enhance its elasticity over time.

YOUR REFLECTION

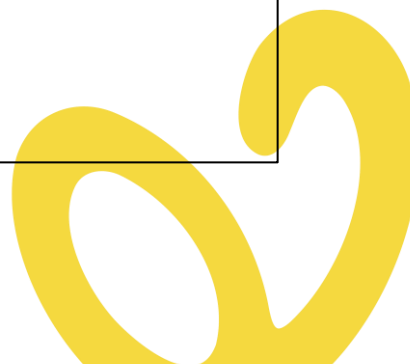
Take time to reflect on what you have gained from this lesson:



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1. Based on your knowledge what hair elasticity do you have?

2. What actions will you take to improve your hair elasticity



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Lesson 6- Why Scalp care is important

SUMMARY:

- **Scalp health directly impacts hair growth** and overall hair condition. The scalp ages **seven times faster** than facial skin, requiring dedicated care to maintain strong, healthy hair.
- **Blood circulation, sebum production, and pH balance** are key factors for scalp health. Poor circulation weakens follicles, while an imbalance in sebum or pH can lead to issues like dandruff, dryness, or excessive oiliness.
- **Common scalp concerns** include dandruff, scalp psoriasis, alopecia, folliculitis, dry scalp, and oily scalp. Each has specific causes, such as **inflammation, hormonal imbalances, or improper hair care**.
- **Regular scalp care**—including proper cleansing, pH-balanced products, and moisture regulation—helps mitigate aging effects and supports long-term hair health.

YOUR REFLECTION

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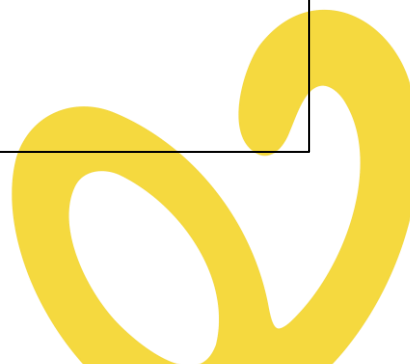
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CALL TO ACTION:

1. What are your current scalp concerns? Take a moment to reflect and note them down.

2. What do you think is causing these issues? Identify possible factors affecting your scalp health.

3. Are your hair products pH-balanced? Check the pH levels of your existing products to see if they align with a healthy scalp environment.



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Lesson 7: Scalp concerns & Scalp Aging

SUMMARY

- Scalp ages faster than the face due to factors like UV exposure, reduced blood flow, and mechanical stress. These contribute to hair thinning, loss of elasticity, and dryness.
- Common signs of scalp aging include hair thinning, decreased elasticity, dryness, and even visible wrinkles. These occur as collagen production slows and sebum levels change.
- Comparison with facial aging shows that while both lose collagen over time, the scalp is more exposed to damage and often lacks protective care like sunscreen and skincare products.
- Protecting the scalp involves UV protection, a healthy diet, reducing mechanical stress, and using appropriate scalp treatments to maintain elasticity and hair health

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



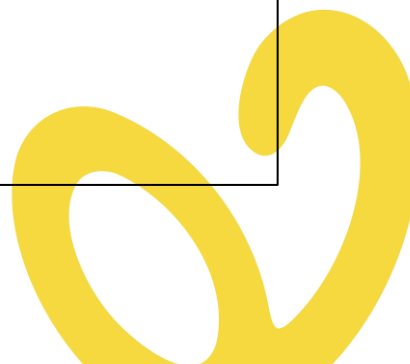
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CALL TO ACTION:

1. Reflect in your journal what are the visible signs of aging you have been noticing on your scalp

A large, empty rectangular box with a thin black border, intended for journaling.

2. What do you think may be causing these changes?

A large, empty rectangular box with a thin black border, intended for journaling.

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Lesson 8: Scalp Treatments

- **Massage for Scalp Health** – Regular scalp massages boost blood circulation, promote relaxation, and improve treatment absorption.
- **Hydration & Exfoliation** – Keep the scalp hydrated with water, serums, and oils; exfoliate with salicylic acid to remove buildup.
- **Protect Your Scalp** – Maintain pH balance (4.5-5.5), use silk pillowcases, and shield hair from UV rays with sunscreen or scarves.
- **Targeted Treatments** – Use anti-dandruff shampoos, tea tree oil, and dermatologist-recommended products for specific scalp concerns.

YOUR REFLECTION

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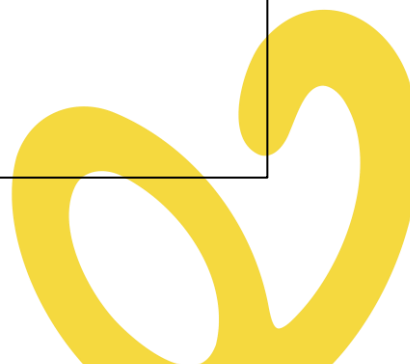
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CALL TO ACTION:

1. Create a daily scalp massage routine for yourself. What time will you do the scalp massage and for how many minutes

2. Which Oil will you use for your scalp

3. What exfoliate will you use for your daily hair





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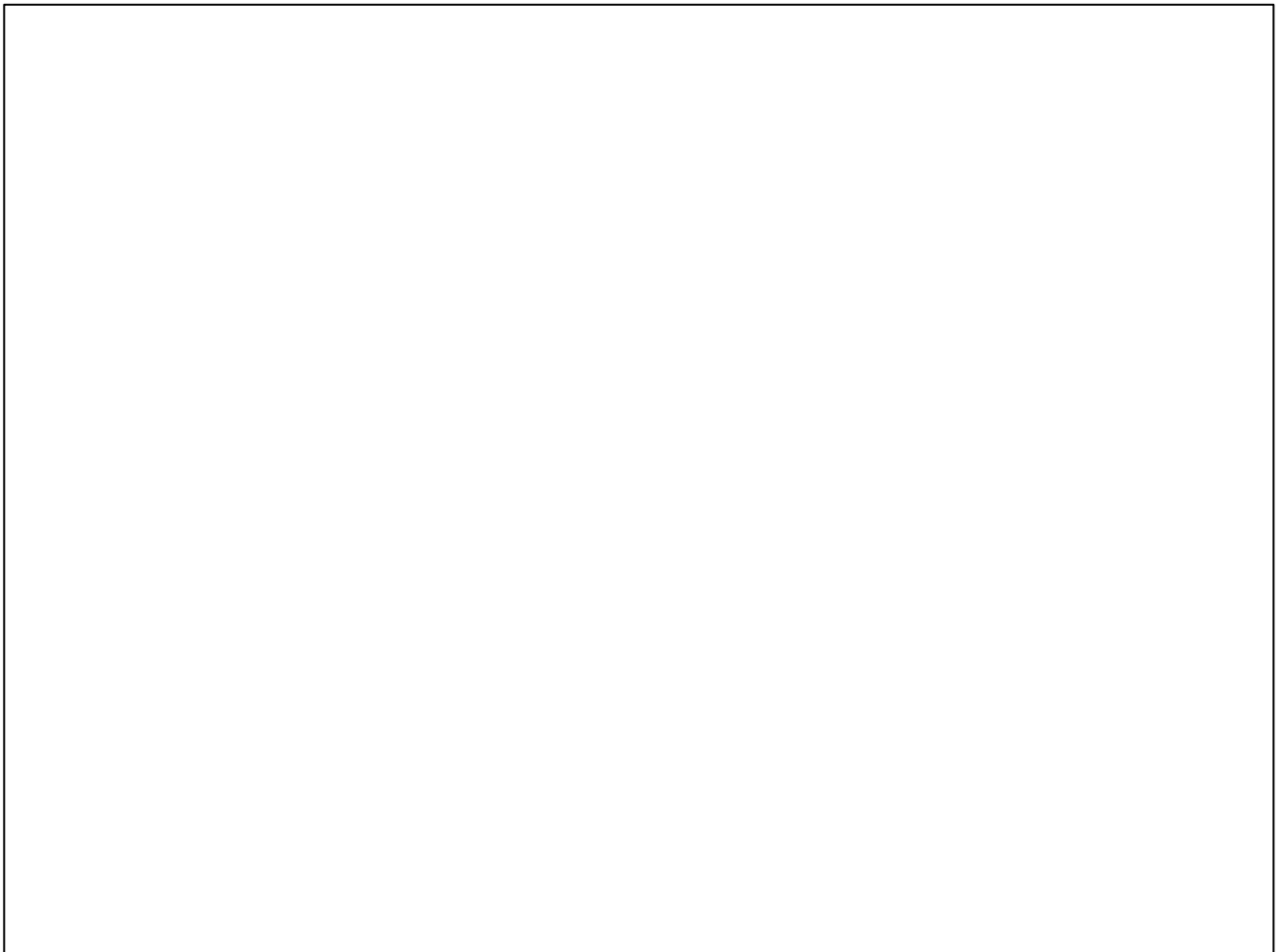
Lesson 9: Role of Nutrition in Healthy Hair

SUMMARY

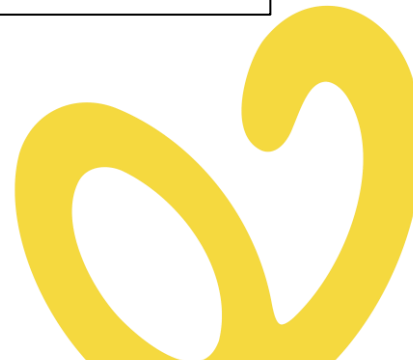
- **Sleep is essential** for diabetes management, as poor sleep raises cortisol, increases insulin resistance, and disrupts blood sugar regulation.
- **A consistent sleep routine** with reduced light exposure, a calming bedtime activity, and a comfortable sleep environment supports better rest.
- **Meal timing matters**, as eating heavy meals or drinking too much water before bed can disrupt digestion and lead to poor sleep quality.
- **Blood** supporting balanced blood sugar and overall metabolic health.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



CALL TO ACTION:



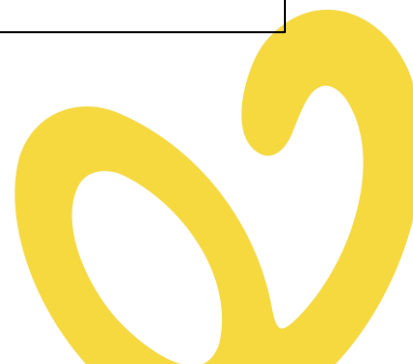


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4. Get Comprehensive Blood Work Done:

- Check the following biomarkers for your hair health and write your findings for each
 - Ferritin
 - Iron
 - Vitamin D
 - B12
 - Zinc
 - Biotin
 - Complete Thyroid Panel

2. What internal and external practices will you add to your routine for better hair health?



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Lesson 10: Blood work reading

SUMMARY:

- **Blood work provides key insights** into nutritional deficiencies that impact hair health. Important markers include **Ferritin, Vitamin D, Zinc, B12, Thyroid levels, and Biotin** to assess overall hair health.
- **Deficiencies in iron, Vitamin D, Zinc, and B12** can lead to hair thinning, shedding, and breakage. Addressing these with the right supplements can help restore hair strength and growth.
- **Supplements should be taken cautiously** based on individual blood markers. **Iron, Vitamin D, Zinc, B12, and Thyroid-supporting nutrients** play crucial roles, but excessive intake can be harmful.
- **Balanced nutrition and a healthy lifestyle form the foundation of optimal hair health. While supplements help, proper diet, hydration, and lifestyle adjustments remain the most effective long-term solutions**

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

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CALL TO ACTION:

1. **Consult your physician** to assess your blood work and identify any deficiencies.
Write down what results have you found

2. Please find ideal blood markers for healthy hair

1. **Ferritin (Iron Storage):**

- **Normal Range:** 20-200 ng/mL (varies slightly by lab and gender). Optimum of ferritin is 80
- **Importance:** Ferritin reflects the amount of stored iron in your body. Low ferritin levels can lead to hair thinning and loss because iron is crucial for hair follicle health.

2. **Vitamin D:**

- **Normal Range:** 30-100 ng/mL. Optimum is 80
- **Importance:** Vitamin D supports hair follicle cycling and growth. Deficiency can result in hair loss.

3. **Zinc:**

- **Normal Range:** 70-120 mcg/dL. Optimum is 80-120
- **Importance:** Zinc is essential for hair tissue growth and repair. Low levels can cause hair shedding and breakage.

4. **Vitamin B12:**

- **Normal Range:** 200-900 pg/mL. Optimum is 600
- **Importance:** Vitamin B12 helps in the production of red blood cells and DNA, which are crucial for hair growth. Deficiency can lead to hair thinning.

5. **Thyroid Panel (TSH, T3, T4):** Optimal for TSH should never be above 2 if you want healthy hair growth

- **Normal Ranges:**

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- TSH: 0.4-4.0 mIU/L.
 - Free T3: 2.0-4.4 pg/mL.
 - Free T4: 0.9-2.3 ng/dL.
 - **Importance:** Thyroid hormones regulate hair growth. Both hypo- and hyperthyroidism can lead to hair loss.
6. **Biotin (Vitamin B7):** Optimum is
- **Normal Range:** 30-100 ng/mL.
 - **Importance:** Biotin is vital for keratin production. While biotin deficiency is rare, low levels can contribute to hair thinning and loss.

Recommended Supplements for Common Deficiencies

Before starting any supplements, it's crucial to consult with a healthcare professional to tailor the recommendations to your specific health needs.

1. **Iron:**
 - **Supplement:** Ferrous sulfate or ferrous gluconate.
 - **Dosage:** Typically 18 mg/day (varies based on deficiency severity).
 - **Notes:** Take with vitamin C to enhance absorption. Avoid taking with calcium supplements or dairy products, as they can inhibit absorption.
2. **Vitamin D:**
 - **Supplement:** Vitamin D3.
 - **Dosage:** 600-2000 IU/day (varies based on deficiency severity and individual needs).
 - **Notes:** Best taken with a meal containing fat for optimal absorption. Sun exposure can also help increase vitamin D levels.
3. **Zinc:**
 - **Supplement:** Zinc picolinate or zinc citrate.
 - **Dosage:** 8-11 mg/day (varies based on deficiency severity).
 - **Notes:** Avoid taking high doses for prolonged periods, as it can interfere with copper absorption.
4. **Vitamin B12:**
 - **Supplement:** Methylcobalamin (active form of B12).
 - **Dosage:** 500-1000 mcg/day (varies based on deficiency severity).
 - **Notes:** Especially important for vegetarians and vegans who may not get enough B12 from their diet.
5. **Thyroid Support:**
 - **Supplement:** Selenium and iodine (essential for thyroid function).
 - **Dosage:** Selenium: 55 mcg/day; Iodine: 150 mcg/day.
 - **Notes:** Only supplement if you have a known deficiency or thyroid condition. Excessive intake can be harmful.
6. **Biotin:**
 - **Supplement:** Biotin.
 - **Dosage:** 2.5-5 mg/day.
 - **Notes:** Often included in hair, skin, and nail supplements. While deficiency is rare, supplementation can help improve hair strength.



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Disclaimer

These are all mentioned in detail in your journal. However, I do want to give a disclaimer, The information provided here is for educational purposes only and should not replace professional medical advice. Individual consultation with a healthcare provider is always recommended before starting any new supplement regimen, especially if you have underlying health conditions or are taking other medications.

3. Based on your blood markers what supplements you will add to your routine to support hair health, ensuring they align with your individual needs.



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Lesson 11: Role of Internal Health

SUMMARY

- **Nutrition and hydration** play a crucial role in hair health, supporting hair growth, strength, and scalp condition. A well-balanced diet with essential vitamins and minerals helps maintain strong and healthy hair.
- **Key nutrients** like **protein, omega-3, vitamin A, C, E, biotin, and iron** are essential for hair growth, moisture retention, and scalp health. A deficiency in these can lead to weak, brittle, and thinning hair.
- **Certain foods should be minimized** to prevent hair damage, including **excessive sugar, processed foods, trans fats, alcohol, and caffeine**, as they contribute to inflammation, poor nutrient absorption, and dehydration.
- **Overall well-being** impacts hair health, with stress, poor sleep, and hormonal imbalances affecting hair growth. A combination of **proper nutrition, regular exercise, and self-care** supports strong, vibrant hair.

YOUR REFLECTION

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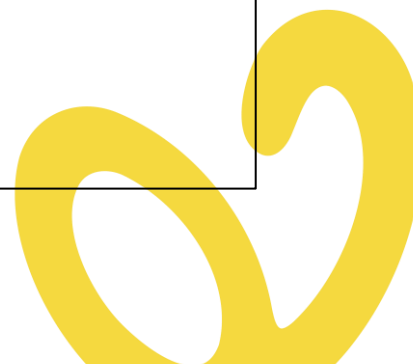


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CALL TO ACTION:

1. Create your internal and external health action plan based on the journal prompts to enhance hair health

2. What changes will you make to your daily meals to include more nutrient-rich foods for stronger hair?



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Lesson 12: Gut Health & Hair Health

SUMMARY

- **Gut health directly impacts hair growth and quality** by influencing nutrient absorption, reducing inflammation, regulating hormones, supporting immunity, and managing stress levels.
- **Poor gut health can lead to hair loss, dandruff, and scalp irritation** due to imbalances in gut bacteria that trigger inflammation and disrupt the body's ability to process essential nutrients.
- **A balanced diet, probiotics, hydration, and stress management** play a crucial role in maintaining a healthy gut micro biome, which supports stronger, healthier hair.
- **Limiting processed foods, sugar, and excessive caffeine** helps maintain gut bacteria balance, reducing inflammation and promoting better hair health.

YOUR REFLECTION

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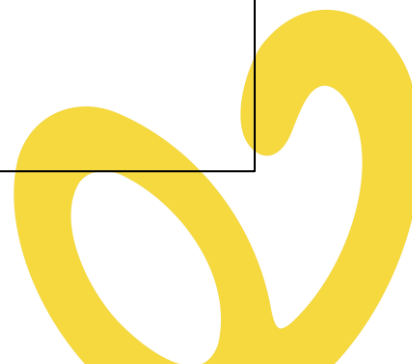


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CALL TO ACTION:

1. What gut-related issues have you experienced that might be affecting your hair health?

2. Which foods and practices will you incorporate to support a healthier gut and improve hair growth?



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Lesson 13 - Importance of oiling

SUMMARY

- **Scalp oiling** provides essential **nourishment, hydration, and protection**, supporting healthy hair growth and preventing dryness, dandruff, and scalp irritation.
- **Common misconceptions** include leaving oil overnight, using excessive amounts, and relying only on coconut oil—**moderation and variety** in oils are key to maintaining scalp health.
- **Different oils** serve different purposes—**jojoba oil** balances sebum, **argan oil** repairs damage, **castor oil** promotes growth, and **rosemary oil** boosts circulation.
- **Proper application** involves **patch testing**, **adjusting frequency**, diluting essential oils, and choosing oils based on **individual scalp and hair needs** for the best results.

YOUR REFLECTION

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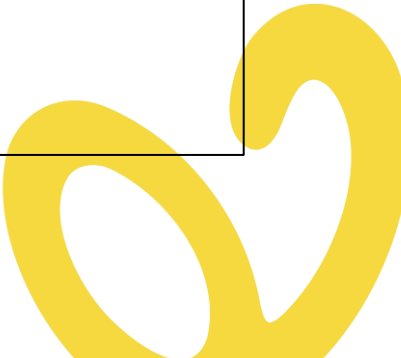
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CALL TO ACTION:

- 1. How frequently will you oil your scalp to maintain its health?

- 2. Which oils will you incorporate, and how long will you leave them on for best results?

- 3. After 3-4 applications, what differences do you notice in your scalp's condition?





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Lesson 14: Oiling Technique

1. Did you try the oiling technique? How was the experience, write below and share with your tribe



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Lesson 15: Understanding Shampoo and choosing the best one for you

SUMMARY

- **PH-balanced shampoos** help maintain a healthy scalp environment by preventing dryness, irritation, and excessive oiliness. The ideal pH range is 4.5 to 5.5.
- **Sulphate vs. sulphate-free shampoos:** Sulphates cleanse effectively but can strip natural oils, while sulphate-free options are gentler but may not remove heavy build up. Choosing the right one depends on hair type and needs.
- **Ingredients to watch out for** include parabens, silicones, alcohol, artificial fragrances, and formaldehyde-based preservatives, which can cause scalp irritation and build up over time.
- **Choosing the right shampoo** involves identifying hair and scalp type, specific concerns like hydration or volume, checking ingredient lists, and adjusting based on how hair responds.

YOUR REFLECTION

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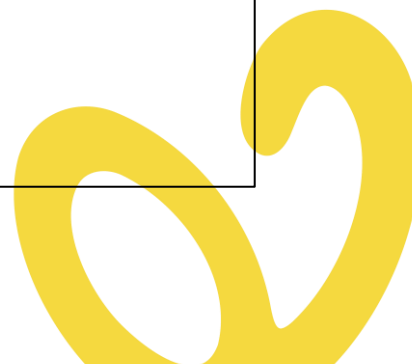
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CALL TO ACTION:

1. What are the good and bad elements in your current shampoo?

2. Does your shampoo match your hair and scalp needs?

3. What adjustments do you need to make in your shampoo choice?





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Lesson 16: Hair wash & Conditioning Ritual

1. Did you try the hair wash and conditioning ritual? How was the experience, write below and share with your tribe

Lesson 17: How to Dry your Hair Correctly

1. Did you try the hair drying technique? How was the experience, write below and share with your tribe



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Lesson 18: Alternative to Shampooing

SUMMARY

- **Co-washing** involves using conditioner instead of shampoo, providing **gentle cleansing, hydration, and reduced scalp irritation**, making it ideal for curly, dry, or sensitive scalps.
- **Apple cider vinegar rinse (ACV)** helps remove buildup, add shine, and balance scalp pH, benefiting **all hair types**, especially those dealing with dullness, dandruff, or irritation.
- **Co-washing** is suitable for those wanting to **reduce shampoo frequency and maintain moisture**, while **ACV rinse** is ideal for **clarifying and scalp health**.
- Incorporating **alternative cleansing methods** can help maintain clean, healthy hair while **minimizing the drying effects of frequent shampooing**

YOUR REFLECTION

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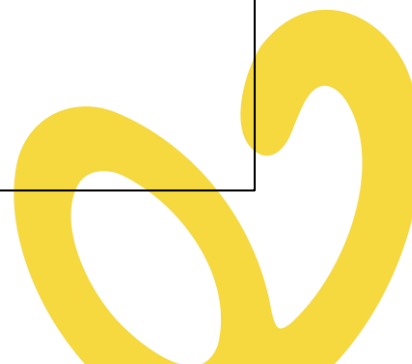


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CALL TO ACTION:

1. **Which shampoo alternative** are you considering adding to your routine, and how does it align with your hair needs?

2. **After trying an alternative to shampooing**, what changes did you notice in your hair, and did it meet your expectations?



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Lesson 19: Watch Outs

SUMMARY

- **Common hair care mistakes** like overwashing, rough towel drying, skipping conditioner, and brushing wet hair can lead to dryness, frizz, and breakage. Using microfiber towels, wide-toothed combs, and deep conditioning treatments can help prevent damage.
- **Environmental factors** such as excessive sun exposure, chlorinated water, and hard water can weaken hair. Wearing a hat, using UV-protective hair products, and clarifying shampoos can protect against these effects.
- **Managing frizz and dryness** requires hydrating products, regular trims, protective hairstyles, and heat protection to minimize breakage and keep hair healthy.
- **Building better habits** by identifying and eliminating damaging practices while incorporating protective measures into daily routines can significantly improve hair health over time.

YOUR REFLECTION

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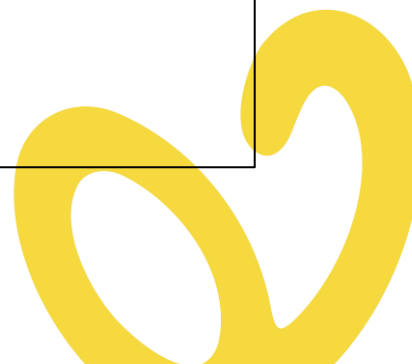


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CALL TO ACTION:

1. What are the bad hair habits you've been practicing that may be damaging your hair?

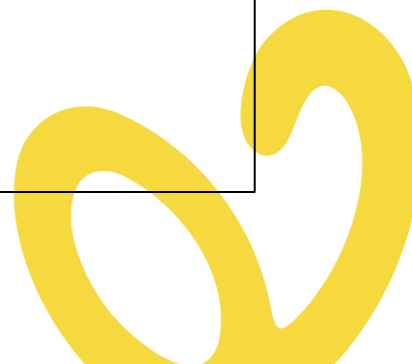
2. How will you eliminate these habits and replace them with healthier alternatives? Create a plan





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3. What protective measures can you add to your daily hair care routine to prevent future damage?



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Lesson 20: Incorporating Hair Treatments

SUMMARY

- **Moisturizing masks** deeply hydrate and repair hair, using ingredients like hyaluronic acid, natural oils, and butters to restore moisture, reduce frizz, and enhance shine.
- **Protein treatments** strengthen and rebuild hair by reinforcing the hair shaft, improving elasticity, and preventing breakage. Common treatments include keratin, hydrolysed protein, and collagen, which are best done under professional supervision.
- **Exfoliating treatments** remove dead skin cells, excess oil, and buildup, helping to unclog follicles and promote healthier hair growth. These can be physical (sugar or salt scrubs) or chemical (salicylic or glycolic acid).
- **Balancing different treatments** is essential to maintaining healthy hair. Each treatment serves a unique purpose, and incorporating them into a routine at least once every two months helps address various hair concerns effectively.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

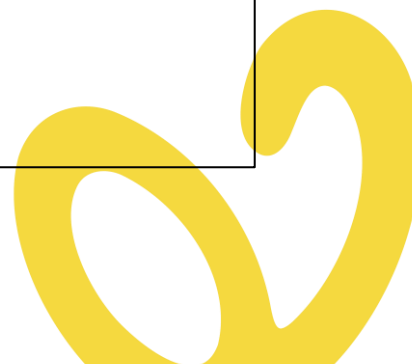


Grow your Hair in 90 days

CALL TO ACTION:

1. How often will you incorporate these treatments into your routine? Decide on a frequency that suits your hair needs.

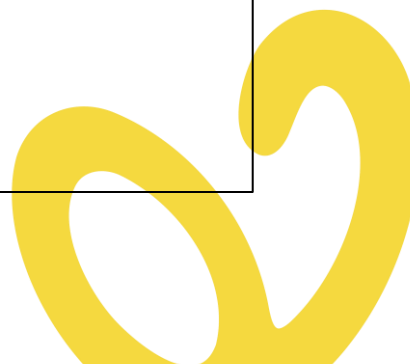
2. Which DIY masks will you try from the resources section? Choose the ones that align with your hair concerns.





Grow your Hair in 90 days

3. **What results do you notice after using these treatments?** Share your experience on the community page to inspire others.



Grow your Hair in 90 days

Lesson 21: Sun Protection

SUMMARY

- **UV rays impact hair health** by breaking down keratin, causing dryness, frizz, and colour fading. Protecting hair from excessive sun exposure helps maintain strength and shine.
- **DIY UV protection sprays** with aloe vera, coconut or argan oil, and vitamin E can help shield hair from sun damage when applied before outdoor exposure.
- **Internal sun protection** through antioxidants, omega-3 fatty acids, vitamin C, and beta-carotene can support hair health from within and reduce UV damage.
- **Hydration and supplements** like biotin, fish oil, and vitamin E contribute to scalp and hair protection, especially during prolonged sun exposure.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



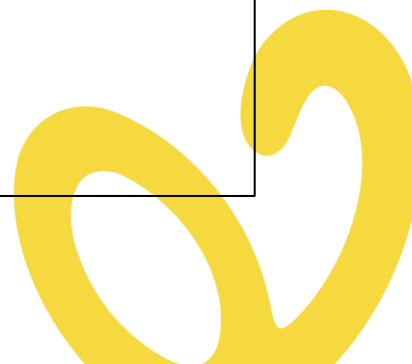
Grow your Hair in 90 days

CALL TO ACTION:

1. How can you incorporate **UV protection** into your hair routine?

2. Have you tried making **DIY Sun Protection Spray**? If not, when will you start using it?

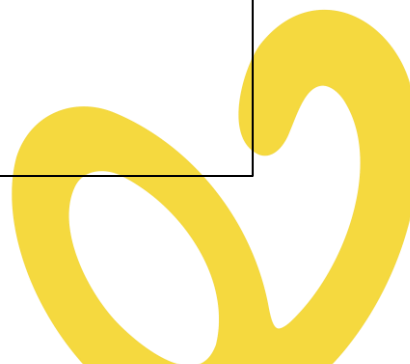
3. Which **supplements** (biotin, fish oil, or vitamin E) can support your hair health based on your needs?





Grow your Hair in 90 days

4. How does your hair feel after using the DIY spray? Share your experience with the community!



Grow your Hair in 90 days

Lesson 22: Post-Workout Routine

SUMMARY

- **Sweaty scalp after workouts** can lead to frequent washing, which strips natural oils and weakens hair. A **cool dry routine** helps minimize heat damage while maintaining natural hair texture.
- **Post-workout hair care** includes gently patting hair dry, detangling with a wide-tooth comb, applying a **leave-in conditioner**, and using natural oils like **argan** or **jojoba** for shine and frizz control. Loose styling prevents breakage.
- **Alternatives to frequent washing** include **dry shampoo** to absorb oil, **hydrating hair mists** for a fresh scent, and **scalp refreshers** with tea tree or witch hazel to remove sweat and odour.
- **Protective hairstyles** like **loose braids** or **buns** keep hair tangle-free while drying. Wrapping hair in **silk** or **satin scarves** reduces friction and frizz.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

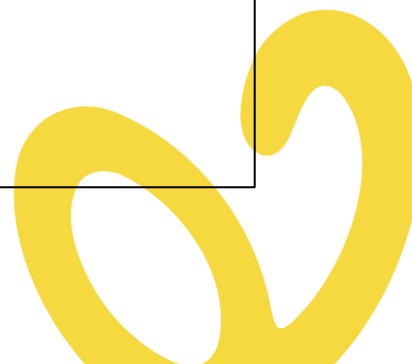


Grow your Hair in 90 days

CALL TO ACTION:

1. How will you adapt your **post-workout hair care routine** to keep your hair fresh and healthy without over washing?

2. When will you try these post-workout hair refresh techniques and share your experience with the tribe?



Grow your Hair in 90 days

Lesson 23: Role of Stress in Hair Growth & Greying

SUMMARY

- **Stress disrupts the hair growth cycle**, pushing hair follicles into the telogen phase prematurely, leading to excessive shedding (telogen effluvium) and in some cases, autoimmune conditions like alopecia areata.
- **Cortisol and reduced blood flow** caused by stress can weaken hair follicles, limit nutrient absorption, and increase the likelihood of hair thinning and greying.
- **Stress-related habits like trichotillomania (compulsive hair pulling)** can further damage hair, while hormonal imbalances from chronic stress can accelerate hair loss.
- **Managing stress through breath work, mindfulness, exercise, balanced nutrition, and social support** can help regulate cortisol, improve overall well-being, and support healthier hair growth.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

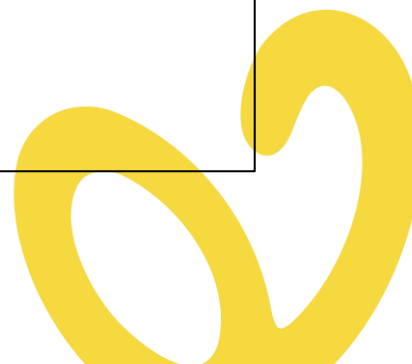


Grow your Hair in 90 days

CALL TO ACTION:

1. What daily habits or techniques can you adopt to manage stress and support healthier hair growth?

2. Which stress-management practices from the resources section resonate with you the most, and how can you implement them?

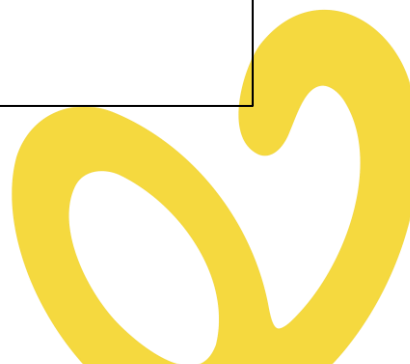




Grow your Hair in 90 days

3. In what ways can engaging in a stress-relieving activity with your tribe enhance your overall well-being?

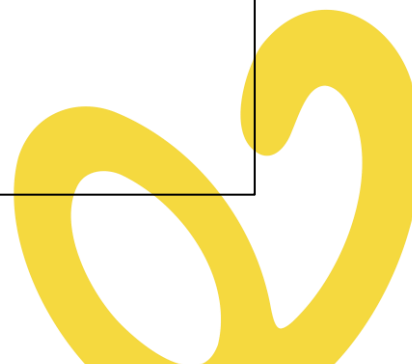
4. What mindfulness or exercise practices can you commit to consistently for long-term stress management?





Grow your Hair in 90 days

5. How do you think reducing stress will impact your hair health and overall well-being?





Grow your Hair in 90 days

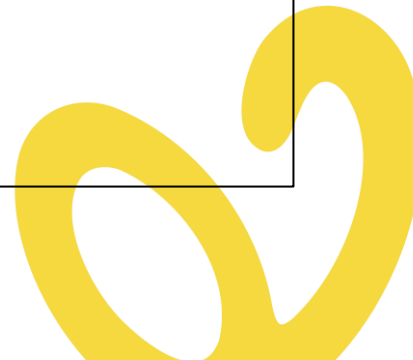
Lesson 24: Seasonal and Environmental Hair Care

SUMMARY

- **Pollution** causes dryness and scalp irritation. Protect hair with a **hat, scarf, or UV-protective leave-in conditioner**.
- **Beach exposure** leads to frizz and dehydration. Apply a **leave-in conditioner**, tie hair in a protective style, and **rinse immediately after**.
- **Chlorine damage** can dry out and discolor hair. **Rinse before swimming**, apply hydrating oil, and use a **clarifying shampoo weekly**.
- **Hydration and deep conditioning** help repair damage. Use **moisturizing masks, anti-frizz products, and a swim cap** for protection.

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





Grow your Hair in 90 days

1. What changes will you add to your routine to cater to seasonal and environmental pollution



Grow your Hair in 90 days

Lesson 25: Heatless Techniques

SUMMARY

- **Braiding damp hair overnight** creates natural waves or curls without heat.
- **Twisting sections of damp hair** and securing them with clips or pins adds texture and waves.
- **Flexi rods and Bantu knots** can create long-lasting curls when left to dry naturally.
- **Protective styling** like buns, braids, and heatless blowouts reduce damage while keeping hair manageable

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



Grow your Hair in 90 days

CALL TO ACTION

1. What heatless styling techniques will you try out?



Grow your Hair in 90 days

Lesson 26: Choosing Hair Accessories

SUMMARY

- **Avoid accessories that cause damage**, such as elastic bands with metal clasps, rubber bands, tight hair ties, and rough-surfaced accessories, as they lead to breakage and hair thinning.
- **Opt for gentle materials** like satin, silk, and fabric-covered hair ties, clips, and headbands to minimize friction and tension.
- **Check accessories regularly** for wear and tear, and rotate them to prevent stress on specific areas of the scalp.
- **Choose accessories suited to your hair type**, ensuring they provide support without pulling or causing unnecessary strain

YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

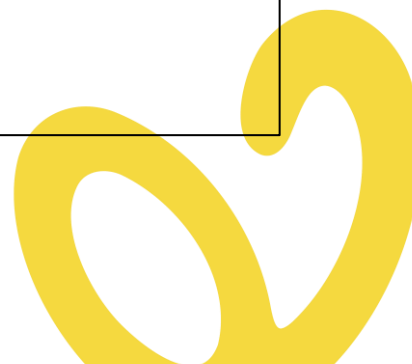


Grow your Hair in 90 days

CALL TO ACTION

1. Which hair accessories are causing damage to your hair, and how can you replace them with gentler alternatives?

2. What hair-friendly accessories will you start using regularly to protect your hair's





Grow your Hair in 90 days

Summary of the Program

- **Review and Accountability:** Reflect on everything learned, update the action plan, and stay accountable by implementing the techniques consistently.
 - **Community Support:** Engage with the tribe, share progress, ask questions, and find an accountability partner for motivation.
 - **Consistency is Key:** Adopting the right habits will lead to healthier hair, but long-term results depend on regular practice.
 - **Personalized Guidance:** One-on-one hair consultations are available for customized advice, product recommendations, and solutions for specific hair concerns.
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