

Total Hair

Regeneration



Total Hair Regeneration

INTRODUCTION



FACT ALERT!

Did you know that hair loss impacts more than eighty million Americans?

It is so common that by the age of 35, two-thirds of men and women will experience some form of hair loss.

But here's the thing. There are various factors that can affect hair loss—causes range from taking too much vitamin A to vitamin deficiency to chronic underlying health conditions.

Fortunately, there are several different ways to treat hair loss and support hair regeneration, depending on the cause.

This section will discuss the common (and not-so-common reasons) why you might start seeing less hair on your head and the things you can do about it.

Reasons Why You Are Losing More Hair Every Day

- **Age**

It is not uncommon to see hair thinning or hair loss in women as they enter their fifties and sixties. Professionals do not suggest treating this condition.

That leaves women with cosmetic approaches like styling their hair to cover up thin spots, wigs, and scarves.

There are lots of tricks to stop hair breakage and ways to keep your hair looking healthy and shiny in your fifties and beyond, like using moisturizers and avoiding over-styling.

- **Anabolic Steroids**

Anabolic steroids could have the same effect on your body as PCOS, as the mechanism is similar.

If you take anabolic steroids—the kind abused by other athletes to bulk up their muscles, you could lose some of your hair in the process. Hair loss will improve after going off the treatment.

- **Compulsive Hair Pulling**

Trichotillomania, also known as impulse control disorder, causes many people to pull their hair out compulsively. The condition often starts in adolescence and is four times as typical in women as in men.



It is like a tic where the individual is continuously playing and pulling their hair. Unfortunately, that continuous playing and pulling could strip your head of its hair.

A few antidepressants may be efficient as a treatment, and behavioral modification therapy is another good option.

- **Over-Styling**

Vigorous hair treatments and styling can cause hair to fall out.

Examples of extreme styling include chemical relaxers, corn rows, hair weaves, tight braids to straighten the hair, hot oil treatments, or any harsh chemicals or high heat. Since those practices impact the hair root, your hair might not grow back.

As well as avoiding those treatments and styles, it is suggested to use a conditioner after shampooing and letting your hair air dry. You should also limit the time the curling iron is in contact with your hair.

Alternatively, you can use heat-driven products no more than once a week.

- **Medication**

A 2006 journal mentioned that numerous medication categories might support hair loss. Specific blood pressure drugs and blood thinners (also known as beta-blockers) are more typical among them.

Other drugs which might cause hair loss include methotrexate, lithium, nonsteroidal anti-inflammatory drugs such as ibuprofen, and antidepressants.

Your healthcare provider can identify if one or more of your medications is causing hair loss. Do not hesitate to talk with them about reducing the dose or switching to other medicines.

- **Polycystic Ovary Syndrome**

An article published in 2022 explained that polycystic ovary syndrome (PCOS) is a condition that causes a hormonal imbalance.

An excess amount of androgen—a male sex hormone—can result in weight gain, ovarian cysts, a higher risk of diabetes, hair thinning, infertility, and changes in the menstrual cycle. Because androgen is overrepresented in cases of PCOS, those individuals may also suffer more hair on the body and face.

Treating this condition can fix the hormone imbalance and reverse some changes. Treatments may include exercise, diet, birth control pills, and particular treatment for diabetes or infertility risks.

- **Chemotherapy**

Unfortunately, many drugs used to fight cancer can cause hair to fall out.

Take note that chemotherapy ruins rapidly dividing cells, which means cancer cells and rapidly dividing cells such as hair.

Your hair will grow back again after the chemotherapy stops. Nonetheless, it will often come back with a different texture or color. Experts are working on more targeted drugs to cure cancer which could bypass that and other adverse side effects.



- **Weight Loss**

The AAD states that weight loss could lead to thinning hair, which could occur even if the weight loss is good for you.

Weight loss can stress the body unnecessarily or lead to mineral or vitamin deficiencies.

Noticeable weight or hair loss may also be signs of an eating disorder like bulimia or anorexia. This type of hair loss will halt after weight normalizes and the body's nutritional needs are preserved.

Remember that sudden weight loss seems to shock the system, and you will have six months of hair loss before it corrects itself.

- **Lupus**

Lupus is an autoimmune disease where the immune system attacks your body's healthy tissues and cells. The National Library of Medicine said it impacts the brain, blood vessels, lungs, heart, kidneys, skin, and joints.

Hair loss is a typical side effect of lupus and the medications used to cure lupus. Often, scarring on the scalp during hair loss may restrict the hair's ability to grow back.

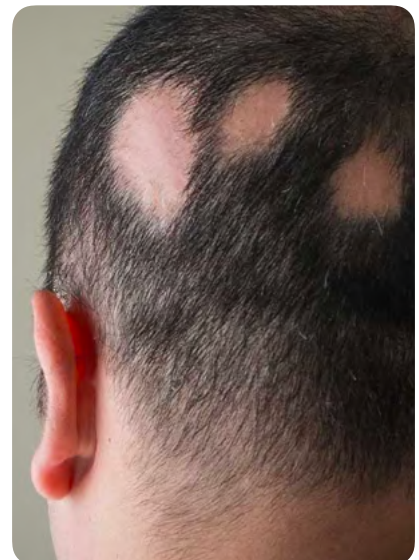
Still, hair loss because of medication may stop when treatment is finished. The LFA states that if you suffer from hair loss, it is always good to talk to your healthcare provider before trying any treatments.

- **Alopecia Areata**

A common autoimmune disease, alopecia areata, causes hair loss on the scalp and other body parts.

The disease impacts at least 6.8 million people in the United States. People of any sex, ethnic group, or age can develop the condition.

There are various forms of alopecia areata, and all will lead to some form of hair loss. However, there is no way to predict how much or if it will return.



You will find different treatment options for alopecia areata, such as topical treatments and injectable or oral medications.

- **A Thyroid Condition**

Like hypothyroidism and hyperthyroidism, thyroid conditions can cause different hair problems. Those include less hair on other body parts, thinning hair, soft and delicate hair with lots of shedding, and missing or thinning eyebrows.

Have you experienced hair loss with a thyroid problem? In that case, your best bet is to talk to your healthcare provider about possible treatment options.

Treating the underlying problem first is vital to treating other associated problems.

- **Low Iron Levels**

Iron deficiency is a possible cause of unwanted and sudden hair loss. Iron deficiency anemia happens if you do not have enough iron in the body. The symptoms include shortness of breath, chest pain, and fatigue.

To help with iron deficiency, your healthcare provider might recommend healthy lifestyle choices and iron supplements. Those may involve boosting your intake of both vitamin-C-rich foods and iron.

- **Changing Hormones**

In a 2022 study, researchers found that starting or stopping birth control pills and enduring menopause may result in hair loss. That is because of the changes in the hormonal balance that happens during those events.

The male hormone receptors on the scalp become triggered. That hair follicles will miniaturize, and you begin to lose more hair.

It will help if you talk to your healthcare provider regarding various birth control types, especially when a new Rx is a concern. Stop oral contraceptives, as they can also cause hair loss, but only temporarily.

- **Female and Male-Pattern Baldness**

Male-pattern baldness is a kind of hair loss that is caused by a combination of male sex hormones and genes that makes the hair recede at the temples, which leaves an M-shaped hairline.

However, there is also hormone-related hair loss for females (also known as female-pattern baldness). That hair loss happens when the hair follicles shrink so much that they do not grow new hair.

The signs of female-pattern baldness include coarser hair on the face and a widening of the center hair part. Sometimes, this kind of hair loss is genetic.

If you come from a family where women began having hair loss at a specific age, you might be more susceptible to it.

- **Protein Deficiency**

Did you know that having too little protein in your diet could result in unnecessary hair loss? It may be why some people who are dieting report some hair loss.



- **Pregnancy**

Pregnancy is a kind of physical stress which can cause hair loss. Pregnancy-related hair loss problems are typically seen after the baby has been delivered instead of during pregnancy.

If you suffer from hair loss after pregnancy, you can rest assured that your hair will grow back in just a few months. That is a normal thing and will recover naturally.

- **Illness or stress**

Illness or stress can cause too much hair loss. It is referred to as telogen effluvium or the excessive shedding of hair-induced stress.

Take note that your body perceives mental stress as you perceive physical stress. Any significant stressor on your body could cause hair growth to become arrested. When your hair growth is arrested, it simply sheds.

When stressed, your body releases cortisol, impacting the hair follicle and leading to hair loss and shedding. That shedding normally happens about three months after a stressful event. Limiting stress can help stop hair loss, but that's not always simple.

- **Too Much Vitamin A**

Vitamin deficiencies can cause hair loss. Nonetheless, overdoing vitamin A-containing medications or supplements can also cause hair loss.

The FDA suggests 5,000 International Units of vitamin A per day for children and adults over the age of 4 years. Also, supplements containing 2,500 to 10,000 IU.

Any more than that could risk some strands of hair falling out. Fortunately, excessive vitamin A is a reversible cause of hair loss. Once the excess vitamin A is stopped, your hair should begin growing again.

Remember that your hair is a part of your identity and enables you to outwardly highlight your personality. It is no wonder that the shedding and thinning of your hair can be disheartening and unnerving simultaneously.

If you suffer from hair loss, do not hesitate to consult your healthcare provider to identify the cause. Often, treatments for minimizing hair loss start by dealing with an underlying issue.



The Proven Scalp Massage That Stimulates Hair Regrowth Three Times Faster and Stronger While Keeping It Flake-Free

Now that you understand the many reasons for continuous hair loss, it's time we focus on practical solutions to support hair regeneration.

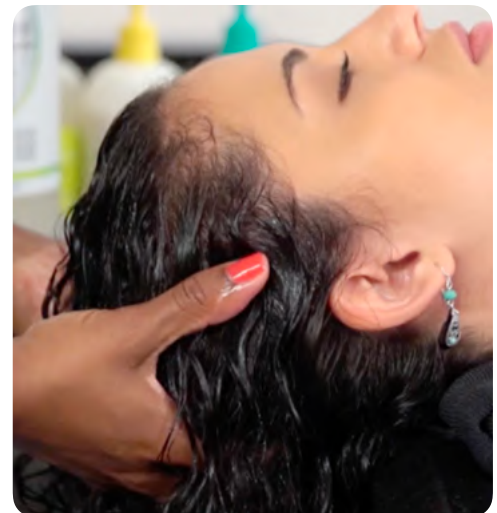
One of the secrets we will share with you is a simple yet proven scalp massage that stimulates hair regrowth three times faster and stronger while keeping it flake-free! How promising is that? And its benefits are not only limited to rejuvenation.

Regular scalp massages could help you in many ways, from hair growth to beating anxiety and stress. Let us look at what scalp massages can do for you and the proper way of doing it. If you're ready, let's dive in!

What is a Scalp Massage?

A scalp massage is what it sounds like—a massage focused on the scalp region of the head. If you have never had a professional massage, just think about the last time you had your hair cut!

Scalp massages are usually delivered through the fingertips, although you can utilize a massaging device to mimic the effect.



The reason for a scalp massage is the same reason you get massages elsewhere: to release the tension you hold in your body.

You tend to hold a lot of tension across your hairline, in the neck, and behind your ears. That's most likely because of stress and posture. Most people accumulate tension in those areas and often ignore them.

Remember that you hold tension in the muscles there. The largest is the temporalis muscles that run behind the ear, around the head, and lead to the back.

That muscle could become strained the same way the jaw or shoulder muscles can during stressful times.

What Are the Benefits of Scalp Massages?

From removing dead skin cells to helping stimulate hair growth by promoting blood circulation, a scalp massage routine increases the hair's natural beauty.

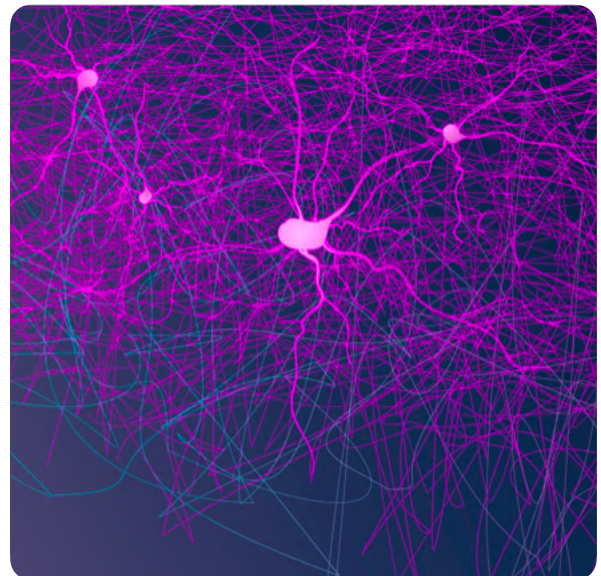
Here is a breakdown of everything you should learn about scalp massage for hair growth and promoting healthy hair, and why scalp massages are useful to your general health. Optimal scalp care is now at your fingertips. You can use it without products or work in hair or scalp serums.

Here are the massive benefits of head massages:

1. Strengthens the nervous system

You would be surprised by the number of benefits that a basic scalp massage could bring to your central nervous system.

Regular massage treatment has been proven to support the well-being and health of those suffering from nervous system diseases, with massagers reporting a broad spectrum of beneficial effects.



Most studies on the effect of massages on the nervous system have been done on those experiencing degenerative conditions. However, the conclusions they draw recommend that adding regular massages to your wellness routine helps with all levels of nervous system functionality.

The advantages of a scalp massage on the nervous system go well beyond the therapeutic impacts touch has on your body. On top of that, you don't need anyone's help to reap its positive effects.

Using a scalp massager on your scalp can support the nervous system by supporting healthy blood circulation and flow, optimizing the body's natural healing capabilities, and helping it better harmonize and balance.

Massages of all types, including scalp massage, help support sensations of well-being and coherence that could strengthen nervous system health and support the body's functions.

2. Minimizes muscle tension

Indeed, scalp tension is a thing—and your favorite hairstylist can immediately tell if your head is stressed. Nonetheless, you will not feel it yourself until somebody begins running their fingers through your hair.

You tend to hold a huge amount of tension across your hairline, in the neck, and behind your ears. That's mainly because of stress and posture.

Scalp tension can lead to constricted blood vessels that can lessen blood flow to your hair follicle. It can also engage with tensions of the back and neck muscles, causing migraines.

You can fight scalp tension by getting scalp massages, either done by a loved one, a friend, or by yourself with the help of a scalp massager. These tools help ease scalp tension by concentrating on the temples and the area at the back of the ears and neck.

3. Supports healthy bonding

One of the key health benefits of scalp massages is that you can perform them on yourself whenever you want.

Giving and receiving scalp massages is an excellent way to improve your method and bond with others through the power of touch. In many cultures, it is customary to offer family members scalp massages to support overall relaxation, well-being, and joy.

Trading scalp massages with your close friends or partner is a great way to support healthy bonding by releasing oxytocin, a chemical promoting group bonding. Furthermore, massagers feel increased hormone levels, promoting security and closeness.

If you are not feeling too crazy about giving yourself one or getting a scalp massage from your boyfriend or girlfriend, you can add one as an extra service at your next hair appointment. This treatment will not simply boost your blood circulation for healthier hair follicles, a professional scalp massager can help you understand the ideal method to share with friends and families.

4. Supports hair growth

This is the most important benefit of scalp massages. There have been anecdotal reports of scalp massages supporting hair growth with claims that it has caused apparent improvement in hair length and health by increasing scalp wellness and eliminating some impediments to healthy, natural hair growth.

There is science to back up such claims. A [2016 study](#) found that frequent scalp massages lead to thicker hair growth. Participants massaged their scalps for at least four minutes every day over a 24-week period, leading to the growth of visibly thicker, stronger hair.



Also, a 2019 study supported those findings by reproducing the same results. Participants massaged their head two times a day to stimulate hair growth using the same scalp massage methods.

About sixty-nine percent of participants mentioned that massages counteracted their [alopecia](#), lowering hair loss and supporting new hair growth.

Are you searching for thicker locks? You can double down on your efforts by including a hair serum for thicker, fuller hair before you begin massaging. Remember that massaging works the serum deeper into your scalp, boosting penetration as you mix the power of scalp massage with ingredients that support thicker hair for extra benefits.

No matter what your product routine is, a scalp massage can help boost the effectiveness of your products, all while feeling amazing and providing many physical and mental health benefits.

Further, when used in the shower along with a shampoo, a scalp scrubber could help exfoliate your scalp to eliminate product accumulation and sebum that restrict your roots.

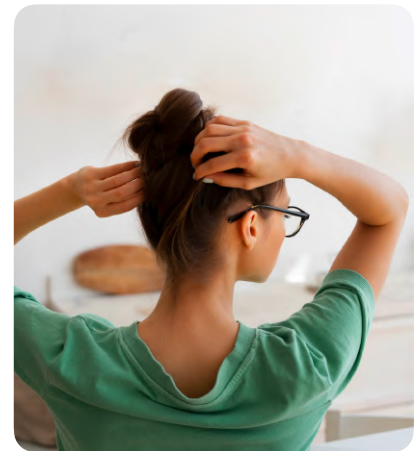
5. Supports an uplifted and calm mood

Massages are linked to relaxation, whether it's by getting a shoulder rub from a loved one or a tension-busting tissue massage, massage has many health benefits for your overall wellness and health, including feelings of relaxation and emotional wellness.

A scalp massage is no exception to that. Studies prove that a massage that targets the scalp and head is essential for boosting mental health and well-being. Getting a scalp massage helps you feel relaxed and lowers stress.

What is the Ideal Way to Give Yourself a Scalp Massage?

At this point, you might be looking for some practical instructions. Fortunately, it is not that difficult. You can use your finger pads (not nails) to apply medium-firm pressure to your entire scalp in a circular motion. Honestly, you can keep it as basic as that with no fuss. Here's the ideal way to give yourself a scalp massage—tips from the experts!



1. Massage the scalp with the fleshy pads of your fingers (and not your nails!)
2. Start by making circular movements on the top of the head.
3. Without lifting your fingers, continue for a few seconds on your temples and slide your fingers behind your ears.
4. Finish your soothing scalp massage by gently pressing on the nape of your neck.

This is also a good energy boost for your hair and cell regeneration!

Those with a tense or tight scalp will need to apply more pressure than those with less tension in the area. Play with your fingers' strength, or even invest in a tool like a jade comb. In addition, you can use a scalp massage device (most of which are made for use in the shower). You can use that scalp massage device while you wash your hair or get out of the shower with your favorite hair oils.

When it comes to oils, there are many options for you. One of the main reasons for a scalp massage is hair growth. So, why don't you amp it up with hair-healthy essential oils? When massaging the scalp, you can add essential oils that support hair growth, like rosemary or cedar wood essential oils.

Make sure that you dilute the essential oils first. You can incorporate them into your favorite carrier oil and apply them to your scalp before the massage.

How Often and When Should You Give Yourself a Scalp Massage?

You can do them daily or weekly for at least five minutes. Daily will likely offer you the ideal hair growth results—consistency is the key to beauty, as it is in many things. Try your best to stick with it.

However, if you are just searching for ways to unwind and soothe occasionally, you can do it less often.

It's simple to fit in at any point in your routine. Scalp massage is also a good bonding treat for couples while relaxing before bed or watching TV.

More Scalp Massage Tips You Need to Know

It might feel great at first, but any dirt or bacteria under your nails could be left on a scratch, possibly resulting in an infection. Only use the pads of your fingertips, but you can apply more pressure to ease tension and go deeper.

You can also offer a bit extra love to the places where the scalp sweats the most, like the hairline, where you can get an accumulation of hair products and makeup, or the temples and back of your head, where the skull meets the neck's base. Doing a massage in the shower with shampoo will help penetrate more deeply for a much deeper clean.



Here are more tips you need to remember:

In-shower scalp massage

Looking for ways to save time? You can do a scalp massage in the shower. Begin by wetting the hair, applying a little shampoo or conditioner, and following the basic scalp massage method.

Do five minutes of massage, then wash well.



Scalp massage with a shampoo brush

Another good way to administer an in-shower scalp massage is a shampoo brush.

You can look for a shampoo brush with thick silicone bristles—the bristles must be firm enough to provide your desired pressure level without damaging the scalp or causing any pain.

As a bonus, shampoo brushes may help lessen dandruff by loosening the dead skin.

A scalp massage can be done simply by your hands, but there are electric scalp massagers too.



Massaging your scalp is one of the best ways to take care of your scalp and hair health. Find time to add a scalp mask to your daily routine today.

After all, massaging your scalp regularly could support hair growth, relieve stress, and cure alopecia. Feel free to pamper your hair and mind frequently by massaging with essential oils, as it's a more efficient way of improving hair growth and getting rid of other scalp conditions.

7 Homemade Natural Remedies for A Full Head of Thicker, Shinier Hair That Celebrity Stylists Swear By



You just learned the benefits of using scalp massages to support hair growth. Are you ready to learn the natural remedies you can use to accomplish thicker and shinier hair?

The best thing about these natural remedies is that they can be easily found in your kitchen! How cool is that?

Air conditioning, hair treatments, hot weather, and sweat—well, the list could go on and on for things that cause hair loss.

Thanks to Insta feeds, you aren't shying away from using products and experimenting with your hair. However, you might not even give a second thought to the damage you are doing while applying those chemical-laden products to your hair.

It is time for you to press pause and turn your head towards the kitchen.

Yes, you heard it right! Head to your kitchen because it has everything your hair needs to get the rejuvenation it deserves!

These recommendations come from beauty experts and celebrity stylists. So, read, and repeat!

Onion Juice

You might be aware of rapper and artist Cardi B setting social media ablaze when she took on Instagram to share an unexpected secret to healthy hair: ONION JUICE.

The artist says that the DIY, at-home treatment left her hair shinier after two washes, and the supposed before-and-after images she posted on the platform are certainly convincing. Onion juice is a popular remedy for hair health, particularly for hair loss. It has been utilized

for many decades as a home treatment.

Are you considering this natural home remedy for your hair care? Keep reading to ensure it will benefit your specific hair health and care routine.

The benefits of onion juice for hair

Onions provide a wide array of health benefits. They have flavonoids and sulfur compounds. The flavonoids exhibit antioxidant, antifungal, antibacterial, and anti-inflammatory properties, among other medicinal properties.

Why does that matter? Because the sulfur content of onions enhances blood circulation in the scalp. On top of that, keratin naturally has sulfur. Onion juice prevents scalp infections thanks to its antibacterial properties that cause hair loss.

When applied to your scalp and hair, onion juice treats bacteria and increases blood supply to the scalp and hair follicles. That produces better conditions for the hair to grow.

How can you make onion juice for hair growth?

There are numerous ways to create onion juice ready for your scalp and hair. Use it straight from the bulb or combine it with coconut oil, castor oil, or olive oil. You can then try your treatment regularly for the best results.

1. Cut the red onions in half. Remember that red onions have more flavonoids than white onions. Therefore, they are the best option for increasing your hair's growth.

Rub the onion on bald patches for about a minute and gently massage it with your hands for another minute. If necessary, you can leave the residue on the scalp overnight. Wash it with cool water in the morning.

2. Pop a few red onions in your blender and strain out the juice. You can utilize cotton wool to apply the juice to your scalp. Remember that it is best to leave your onion juice on your scalp overnight, but strive for at least 30 minutes. Afterward, you can wash your hair with a mild shampoo.

3. To fight the strong smell of onion, you can mix the onion juice with other oils you may already have in your kitchen, such as castor oil, olive oil, or coconut oil. Diluting the onion juice with carrier oil will make it less sticky and enhance the smell.

You can add extra ingredients, such as tea tree oil, to combat other hair issues and fight dandruff. Treatment times and recipes vary, so you may need to experiment to find the ideal mixture.



Whatever approach you pick, experts suggest wearing a shower cap, particularly if you leave the treatment on overnight. That will help the mixture do its magic on skin cells and keep your onion juice off the pillow.

Ginseng

When we talk about powerhouse botanicals, it does not get much better than ginseng. Cherished for centuries as a traditional natural remedy, ginseng is a strong ingredient for hair growth due to its unique ability to enhance blood flow, regulate hormones, and strengthen the immune system—all crucial factors in keeping a healthy scalp.

In case you didn't know yet, ginseng is a perennial plant of the *Panax*. It is traditionally used in Korean and Chinese herbal medicine. Ginseng is an energizing ingredient that stimulates blood flow and enhances circulation—minimizing symptoms of high blood pressure, allergies, and inflammation.

Ginsenosides, strong steroids, mainly drive its efficacy in roots.



What are the benefits of ginseng for hair growth?

So, does ginseng help with hair growth? Studies have examined the mechanism of how ginseng functions at the sub-cellular level, suggesting that ginseng supports hair growth by improving hair follicles, or the “root” of hair strands, which anchor them to the scalp.

Also, the ginsenosides in ginseng improve blood circulation to ensure essential nutrients get to the hair follicles.



One often-cited research study gave 50 individuals with Alopecia Areata a ginseng treatment over 12 weeks with or without the traditional corticosteroid treatment. The outcomes showed that the participants who were given the ginseng treatment showed greater hair growth, unlike the control group.

The growth was not just affected, but hair density and thickness also increased with the ginseng treatment group, showing a positive correlation between ginseng and hair growth in the alopecia areata.

Take note that how ginseng is extracted can significantly affect its ability to keep the hair healthy. Ginseng is more efficient for hair loss when consumed than if you rub it on your scalp.

Also, the consistency at which the ginseng could be extracted and processed greatly impacts its ultimate efficacy.

How can you use ginseng for hair growth?

Now that you understand what ginseng can do, let's discover how to use it on your hair.

1. Take a pan, heat one tablespoon of coconut oil, one tablespoon of olive oil, and one tablespoon of almond oil on a low flame. After at least two minutes, turn off the heat and let the solution cool to room temperature.

2. Peel and dice the ginseng root into tiny pieces. Put it out under the sun to completely dry. When it's fully dry, you can grind it into a fine powder.
3. Once the oil is mildly warm, add two to three tablespoons of ginseng extract. Using a fork, keep stirring for it to blend well.
4. Add ten drops of essential oils of your choice. We recommend lavender oil and grapeseed oil.
5. Comb your hair to get rid of the knots. Hold your hair from mid-length and work your comb through it to lessen hair breakage.
6. Divide your hair into a partition and apply the ginseng hair mask. You can apply it liberally through your hair's length and scalp. Massage it for about ten to fifteen minutes to stimulate the blood flow.
7. Let the ginseng mask sit for about an hour, and wash it clean with a mild clarifying shampoo. You can then follow it up with a conditioner.



Ginseng is a great natural remedy to support hair growth. Studies claim it may be as efficient as minoxidil, the top FDA-approved hair loss treatment.

Even though it has been praised for centuries as a natural panacea for different ailments, modern studies back up its powerful results for those struggling with thinning strands.

Coffee

Wake up and smell the coffee!

Did you know that coffee is an excellent way to recharge your mind and give it a boost? Likewise, coffee offers your hair and skin some recharge. A good ingredient to look out for in your hair products, this ultimate morning favorite is also a massive game changer.



Coffee increases your hair growth, leaving you with healthier, thicker-looking locks. Who would have thought that your favorite breakfast kick-starter would have great benefits for your hair as well?

If you are looking for ways to wake up your mind, keep reading to learn the benefits of coffee for your hair and how to make yourself a coffee hair mask while you sip on your morning cup of coffee.

What are the benefits of coffee for hair?

Coffee is rich in different vitamins and nutrients that are perfect for the hair in more ways than one. Research has demonstrated that caffeine can stimulate and increase hair growth, lessen hair loss and make your hair longer and thicker.

- Detangles hair

A freshly brewed coffee on your hair makes for a great detangler. One of the advantages of coffee for hair is it helps soften your hair. That makes detangling your hair without any damage a lot easier.

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- Soft and shiny hair

Does your hair look dull, dry, and under the weather? A bit of coffee will go a long way. The antioxidants in the flavonoids will not just serve as a natural hair conditioner, but also support hair growth, leaving your hair looking and feeling smooth and soft. That makes your hair easier to manage, as well.

- Helps preserve growth

Coffee for hair helps stimulate the hair follicles and speed up your hair growth. Caffeine also enhances your scalp's blood circulation, enabling nutrients to reach the scalp more effectively.

That leads to healthier and faster hair growth!

How to use coffee for hair growth?

Coffee rinse

Are you planning to dye your hair to conceal the gray strands, stop hair loss, or enhance the shine of your hair? A coffee rinse is your savior. Here's what you need.

Things you need:

- Shower cap
- Spray bottle
- 2-4 cups of brewed and cooled coffee



What to do:

1. Pour two to four cups of brewed coffee into a spray bottle, depending on your hair's length. Ensure it has cooled down totally before you do so.
2. Spray the brewed coffee on your wet hair to saturate all the hair strands.
3. Massage the coffee into the scalp for a few minutes.
4. For an added layer of moisture, combine the brewed coffee with your favorite leave-in conditioner before applying it to your hair.
5. Wash off the coffee with lukewarm or cold water.

Coffee hair mask

Things you need:

- One tablespoon of carrier oil
- One tablespoon of honey
- Two tablespoons of ground coffee



Things to do:

1. Combine the three ingredients to create a smooth paste.
2. Apply the mixture to your scalp.
3. Cover your hair with a shower cap and leave it on for about twenty minutes.
4. Wash off the solution with lukewarm water.

Apple Cider Vinegar

Apple cider vinegar is made by crushing apples and adding yeast and bacteria to the juice to create an alcohol fermentation process. Then, the alcohol is converted into vinegar.

Even though there's no concrete research on the benefits of ACV for hair loss, its acidic nature is considered to balance the scalp and the hair's pH levels. Thus, it enhances the overall health of your hair.



What are the benefits of apple cider vinegar for hair?

Apple cider vinegar nourishes the hair and produces a healthy scalp in many ways, such as:

- Cleaning the hair – Combining ACV rinse with one teaspoon of baking soda helps eliminate nasty chemicals from the hair. If you add baking soda to the ACV rinse, you don't need to use commercial shampoo.
- A healthy scalp – ACV removes any nasty chemicals and dead skin cells from the scalp. That enables the skin to breathe naturally and opens the skin's pores. A healthy scalp stops dandruff buildup. Apple cider vinegar also has antibacterial and antifungal properties that can remove itchiness.
- pH balance – Shampooing normally boosts the skin's pH factor. Remember that human hair is acidic. ACV has a pH factor of at least 4. Using ACV helps preserve the hair's natural pH balance, helping keep your hair's protective layer.

How to use apple cider vinegar for hair growth?

Making the ACV hair rinse is simple. Take one part warm water and combine it with one-part organic ACV. And that's it.

Just remember not to use hot or cold water. Cold water may not remove the chemicals, resulting in dandruff on your scalp. On the other hand, hot water could damage your hair.

1. Wash your hair with standard shampoo. While it's wet, apply the ACV rinse to your hair.
2. If you have enough time, leave the mixture for about 15–20 minutes before rinsing it off. That will maximize the benefits of your ACV mixture by ensuring all the enzymes and nutrients get absorbed. Then, rinse your hair as usual.
3. Some people utilize ACV as a rinse without diluting it, making the treatment even more effective and stronger. First-time users must dilute ACV with water to ensure no negative reaction.
4. If you include some baking soda in the ACV rinse, you don't need to use shampoo.
5. Try to prevent getting any mixture in your eyes, as it could sting quite badly.

Castor Oil

Castor oil is a vegetable oil made from castor beans. It originated from tropical East Africa close to present-day Egypt.

Did you know that castor oil has earned a reputation for being able to support hair growth among its many uses? If you want your hair to grow, use castor oil to treat any underlying problems.

Here's how it works:

- It is a natural emollient that offers moisture, shine, and slickness to your hair. Equipped with minerals and vitamin E, castor oil is a great conditioning ingredient for hair and can help smooth and strengthen hair follicles. Healthy and strong hair is more likely to grow more quickly than damaged and weak hair and could help combat damage.
- Castor oil also soothes irritation and combats flakes. It has cleansing and soothing properties, which could soothe scalp irritation and fight the dandruff-causing fungi that cause those annoying flakes.
- Castor oil helps increase blood circulation to your scalp thanks to omega-6 fatty acids and ricinoleic acid. Massaging the oil into your scalp helps boost blood vessel dilation, increase the flow of nutrient and oxygen-rich blood to the hair follicles and stimulate the Prostaglandin E2 receptor.



How to use castor oil for hair growth?

Castor oil and coconut oil are both carrier oils, which you can combine with other essential oils. After adding them, the essential oils become diluted and easier to apply on the skin and hair. Both oils have hair-nourishing ingredients, offering you smoother and softer strands.

Try this simple castor oil recipe and see the difference in just a few uses:

Things you need:

- One-half coconut oil
- One half-castor oil

Things to do:

1. Make this blend by combining coconut oil and castor oil in a bowl.
2. Heat the oil mixture for about thirty seconds. Don't expose it to direct heat. Be extra careful not to let the mixture boil.
3. Apply the mixture to your scalp by gently massaging it in. Comb through the strands and spread them evenly.
4. Wrap the hair with a shower cap or towel for about three hours. Let the mixture work its magic on your hair.
5. Wash thoroughly using lukewarm shampoo. Use shampoo if needed.

Yogurt

Yogurt is a natural ingredient that stimulates hair growth and makes it lustrous and shiny. If you have damaged or dehydrated hair, yogurt is the ultimate choice to treat them.

Nearly all your hair concerns can be easily cured with yogurt. It has yielded numerous benefits for many centuries now. Let's look at some of its benefits.



What are the benefits of yogurt for hair?

- Removes dandruff – It's packed with antifungal and antioxidant properties that cleanse the scalp and eliminate excess oil. Yogurt helps remove dandruff, ensuring your scalp is healthy and free from infections.

- Soothes the scalp – Dandruff results in an itchy scalp. It makes your scalp inflamed, irritated, and red. That’s why yogurt on your scalp will ensure your inflamed scalp is soothed, offering immediate relief.
- Hair loss prevention – For those suffering from hair loss, one of the best solutions is to apply yogurt. That’s because it helps unclog the hair follicles in the scalp, which is responsible for hair loss. Also, it makes the roots a lot stronger, helping the follicles receive the care and nourishment they need.



How to use yogurt for hair growth?

Yogurt is certainly good for your hair. It makes the hair thick and adds shine. It also helps your hair remove dandruff and different scalp infections.

Aside from yogurt, you can incorporate eggs into your hair growth routine. An egg is rich in proteins; when combined with yogurt, so your hair will receive all the nutrients it needs for growth.

1. Whisk the egg in a bowl and add yogurt to it to create a paste.
2. Apply the paste to your hair and leave it for about thirty minutes.
3. Wash it with a shampoo and apply essential oils to remove the egg’s smell.

Gram Flour

Gram flour is widely used in Indian kitchens to prepare everything from tasty homemade desserts to spicy pakoras.

Gram flour can be a cheap yet efficient solution for dry, dull, and lifeless hair and hair loss. Let’s look at the benefits of gram flour.

What are the benefits of gram flour for hair?

No one wants baldness and hair loss, but due to a lack of nutrients in your body, hair begins to become weak. At the same time, protein-rich gram flour could be a boon for hair weakened by roots.

It has many benefits for hair strength and beauty and is also a natural and chemical-free product.

How to use gram flour for hair growth?

Things you need:

- Almond powder
- One tablespoon of olive oil
- Gram flour
- Two capsules of vitamin E



Things to do:

1. Create a paste by combining all the ingredients.
2. Apply the paste to your hair.
3. Leave it for about 10 minutes and rinse.
4. After drying, wash it carefully with cold water.
5. Repeat this two times a week. This method offers vital nutrients to your hair, making it silky and long.

You can also remove dandruff using gram flour. Things to do:

Things you need:

- Water
- Six tablespoons of gram flour

1. Create a solution by combining gram flour and water.
2. Leave it on your hair for about ten minutes.
3. After drying, wash it out with cold water.

This Year's Most Downright Dangerous Hair Procedures that Doctors Beg You Not to Try

Putting some time and energy into your hair care is necessary if you want to achieve healthy and beautiful hair.

Hair can act as a critical indicator of your overall health. Your hair breaks easily or is brittle if your body is not getting enough nutrients.

Proper hair treatment helps maintain healthy hair while preventing damage that can lead to further issues. Some people even try different hair procedures, like hair transplants, to improve their appearance.

Hair transplant candidates include:

- Women with thinning hair
- Men with male pattern baldness
- Anyone who lost hair due to a scalp injury or burn injury

Meanwhile, hair replacement is not a good option if you:

- Do not have enough donor hair sites
- Have hair loss because of medications
- Have keloid scars after surgery or injury
- Have a widespread hair loss pattern throughout the scalp (for women)

While hair procedures sound good, some of them present dangers instead of solving your hair problems.

Some doctors suggest avoiding the following:

Flat and Free-Form Flap

During the flap procedure, a flap of hair-bearing skin is moved from one scalp side to the front hairline. It is performed by cutting the flap on three sides without separating it from its blood supply or completely severing it from the scalp.



Since flat and free-form flap is a major procedure, it must be done in a hospital and by professionals. A flap is 1 inch wide and around 3-7 inches long. The doctors will twist the flap of the hair-bearing side so that it will face outward from the head after shifting over and stitching it into the surgically removed balding spot. There is an unsightly knot formed in the area where the flap is twisted.

Meanwhile, the free-from flap involves cutting all four sides. Also, the flap is completely removed from the donor area. However, this procedure is not suitable for men and women with common androgenetic alopecia. It is recommended for severely disfigured patients, such as accident or burn victims.

Risks of Flat and Free-Form Flap

Before you hurry to schedule a flat or free-form flap procedure, here are the serious problems associated with them:

- The scalp's integrity is compromised, wherein the scalp's normal position or shape on the skull is changed. In severe cases, the patient's nape of the neck is pulled onto the scalp's back area, or the ears are moved out of the normal position.
- Re-grafting is necessary for the front hairline scar.
- Poor flap positioning is very common.
- There is hair absence behind the newly created frontal hairline.
- It can give a Neanderthal or Frankenstein-like appearance due to loose skin on the forehead. The skin also hangs over the brow.
- Permanent shock loss and extreme scarring in the donor area.
- Infection.
- Hair grows in the normal hairline's opposite direction, particularly the hair that grows forward. If the hair growth is in the reversed direction, styling the hair can be a challenge.
- Necrosis, a partial or complete death of the flap, which results in a bad scar.

Keratin Treatment

Keratin treatment is popular among women who want straight and smooth hair. This treatment is also called Brazilian blowout or Brazilian keratin treatment. The entire process involves:

- Applying different products to the hair
- Blow-drying the hair
- Sealing the hair with a flat iron

This treatment reduces frizz, strengthens hair, and increases shine due to additional keratin.

Risks of Keratin Treatment

Do you have wavy or curly hair? Then, having a keratin treatment helps make your hair straighter.

But wait – do not get too excited about going to your favorite hair salon to get a keratin treatment. Although the treatment can undoubtedly make your hair shiny, smooth, and straight, it comes with safety issues and side effects.

Keratin used in beauty treatment is made with other ingredients, like formaldehyde. According to the American Cancer Society, this ingredient is a carcinogen. In other words, it helps cancer to grow or causes cancer.

The Food and Drug Administration warns everyone that formaldehyde and other compounds used in keratin treatments contribute to:

- | | |
|--------------|------------------|
| • Rashes | • Coughing |
| • Vomiting | • Sore throat |
| • Chest pain | • Dizziness |
| • Nausea | • Headaches |
| • Wheezing | • Eye irritation |

Whether you are a customer or a stylist who provides the keratin treatments, you may experience the above side effects. Although it is not clear whether keratin treatments that contain the chemical have long-term health effects, you may experience effects during or shortly after the treatment.

Scalp Reduction

Scalp reduction, also known as male pattern reduction (MPR), galeoplasty (GP), or alopecia reduction (AR), is a procedure wherein the bald part of the scalp at the crown or top of the head is cut away. The nearby hair-bearing skin edges are sewn together. This brings the hair-bearing scalp from either side to meet in the middle.



The procedure is used to treat hair loss, particularly top-hair baldness in men and women. Although it is an effective solution for baldness, the treatment is not for everyone.

Good candidates for scalp reduction include people with:

- Hair loss associated with age or genetics
- Significant hair loss on the back and sides of the head, known as donor hairs
- Healthy scalp skin with enough elasticity, allowing easy stretching to other parts of the head

Meanwhile, the hair procedure does not work for:

- Temporary hair loss because of hormone fluctuations, stress, or illness
- Multiple bald patches around the scalp

Make sure to work with your doctor to know whether you have an underlying condition that causes hair loss before getting scalp reduction surgery.

Risks of Scalp Reduction

Scalp reduction requires a recovery period to allow the body to heal. According to the American Society of Plastic Surgeons, it is necessary to avoid major physical activities for about 3 weeks after the surgery.

While scalp reduction surgery is good for treating hair loss, it does not always work. Plus, it involves issues such as:

- Hair loss for future transplants since the procedure does not preserve hair for later use. The same permanent hair section is stretched to cover the wider areas in the crown. As a result, the permanent hair usually used as donor hair will be thinning.
- A suture reaction occurs when the stitches in the deep layers underneath the skin cause pain and swelling. In some cases, the body rejects the sutures, which causes holes in the scalp at the suture areas.
- The hair-bearing scalp's stretched part that has been stitched together stretches out partially or entirely and loses its tightness. This results in a visible bald area or dog ear scar. Besides being unattractive, the dog ear scar is difficult to repair.
- There is an unnatural appearance due to altered hair growth direction.
- Accelerated hair loss may happen within a few weeks or months after the surgery.

Other scalp reduction issues include:

- Infection
- Swelling and throbbing
- Bleeding around the stretched skin flaps
- Numbness
- Tingling sensations

Please note that in some instances, the skin will not take to its new position on top of the head. Also, the hair follicles may fail to produce new hair.



Hair Extensions

So, why do women love hair extensions?

Having hair extensions lets you enjoy the following advantages:

- Protect natural hair
- Try new styles before committing
- Longer or thicker hair
- Manage hair conditions
- Avoid heat damage

Hair extensions are also used to boost the length, fullness, and appearance of the hair. Wigs were used as a social marker of someone's status, health, and attractiveness in Ancient Egypt and Rome.

These extensions can be made of synthetic or human hair and differ in ease of application, length of use, and quality. They also differ in their potential for hair and root damage.

Here are different types of hair extensions:



Clip-in Extensions

For a temporary result, people opt for clip-in extensions. The extensions are clipped into the hair and can be installed at home.

Tape-in Extensions

These extensions are adhered to the hair's roots with medical-grade tape. Since the bond is almost unbreakable, it lasts longer and needs to be professionally removed.



Keratin/Fusion Extensions

These extensions work by being attached strand by strand. They come with glue pre-installed at the top of every piece to adhere to the hair. A tool is used to attach the extensions to the natural hair. These extensions should be attached and removed by professionals.

Ponytail Extensions

These pre-made ponytails are attached to the hair with elastics or clips. They do not require any professional help.

Halo Extensions

With halo extensions, no extensions are attached to the hair. Instead, they are shaped like a crown and placed on the hair using a hidden wire. They are easy to place on the head and can be done at home.

Weft/Bead Extensions

These extensions are made from real human hair. Professionals attach them via beads that clamp and lay flat on the head.

Risks of Hair Extensions

With hair extensions, you can easily add volume, length, or style to your natural hair. However, they can cause more harm than benefits.

If extensions are done improperly or too long, hair extensions can cause hair damage. The hair extensions' glue attached to the hair can strip the natural hair's protective proteins, causing damage and making it weaker and prone to brittleness.

Whether the hair extensions are made from real or synthetic hair, their weight creates something similar to traction alopecia because of repetitive or prolonged tension on the scalp. The extensions attached to the strands can cause hair loss over time.

It is safe to say those hair extensions that use glue are more damaging than clip-ins. Plus, you will get more damage if you use heavier glue-in extensions.

Wait! Do not think that clip-ins are necessarily a safe option; they can still cause damage by pulling strands on the scalp.

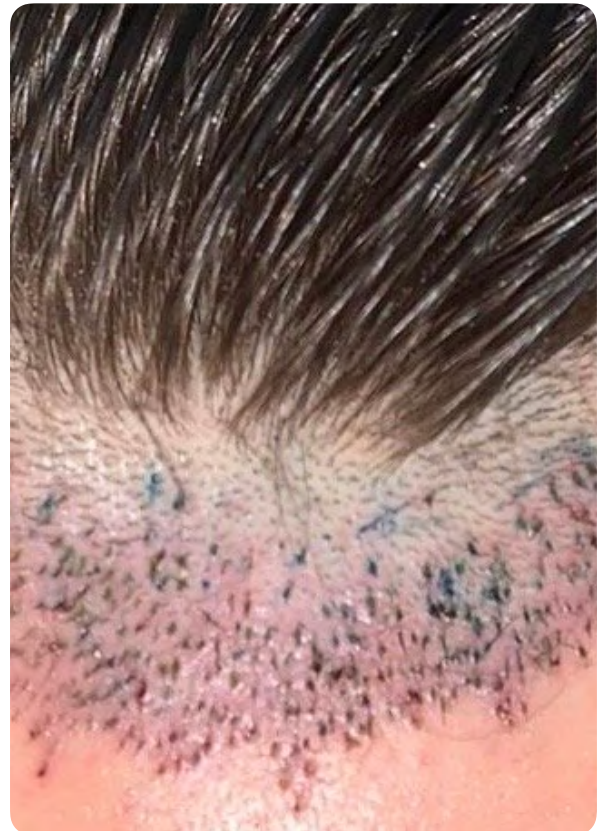
Round or Square Grafts

Round or square grafts are considered the original grafts. So, they can look outdated.

They are 3 to 5 mm grafts created with a hole punch device. This results in a hair plug that is about a pencil eraser's size. This hair restoration technique involves removing a small tissue strip from the back of the head. From there, the donor follicles are extracted by skilled surgeons.

Then, the hair follicles are individually transplanted to the desired areas. After the stripping process, they are divided into separate grafts using a microscope. While the grafts are being prepared, tiny holes are made in the scalp, where the grafts are placed.

The positioning and arrangement of these grafts can determine the aesthetic qualities, sustainability, and transplant results. But you have the possibility of hair loss in the future. If performed improperly, the results will not mimic the way hair grows naturally.



Risks of Round or Square Grafts

Whether you choose round or square grafts, they are often too large. Also, they do not resemble the way your hair naturally grows from the head.

When grafts are transplanted, you may get a doughnut effect because they are too large, compromising the blood supply. Moreover, the hair in the graft's middle area does not grow. Large grafts give that doll-like hair, described as the pluggy look of "islands of hair in the ocean." This procedure also causes cobble-stoning, which is a common deformity in the scalp among hair restoration patients.

While there are already smaller grafts, such as mini and micro graft versions, they still provide a less-than-natural appearance. If you wish for a natural look, a hair transplant made up of naturally occurring grafts, also known as follicular units comprised of 1 to 4 hairs, can be a better option.

However, follicular unit transplant (FUT) still comes with some disadvantages, such as:

- The scars become localized and large-sized, making them slightly more visible.
- It results in stretching of the scalp.
- It leaves a linear scar at the donor strip site.
- It involves the risk of scarring and a lengthy recovery period.



Hair Lifts

Hair lifts refer to a more radical scalp reduction procedure. The loosening or dissection of the scalp skin is performed at the level underneath the scalp's major arteries. This hair procedure usually leaves a part of the head permanently numb.



Risks of Hair Lifts

Hair lifts are major surgery. So they require general anesthesia and hospitalization. This procedure leaves visible scars around the ears. Not only that, further hair loss is usually a result. Most doctors do not recommend hair lifts.

Linear or Line Grafts

This hair procedure involves removing a 3 to 4-mm linear strip of donor hair from the back or side of the head. Then, the entire strip or its large parts are transplanted rather than dividing the strip into follicular unit grafts.



Risks of Linear or Line Grafts

A trench should be surgically cut into the bald area since the large graft is not placed in small recipient areas. The large graft is then placed into the trench. So, it obviously looks like a man-made line of hair as hair grows. This makes it cosmetically unappealing.

Hair Care Habits That Actually Damage Your Hair

Believe it or not, you are unknowingly damaging your hair with the following hair care habits:

Habit #1: Washing Hair by Rubbing Shampoo into the Hair's Length

If you want to prevent damage due to this habit, gently massage shampoo into the scalp instead. When rinsing the shampoo from the scalp, allow it to flow through the hair's length. And please, resist the temptation to rub shampoo into the hair.

Habit #2: Tugging Comb through the Hair or Brushing It 100 Strokes Daily

Instead of making these mistakes, comb or brush your hair only when styling it. Your hair does not need 100 brush strokes every day; that's a myth!

I recommend using a wide-tooth comb to comb your hair gently. As you comb, style, or brush your hair, avoid pulling and tugging on it. You can also use a moisturizing conditioner to remove tangles in a gentler manner.

Habit #3: Relaxing, Perming, or Coloring the Hair

You can add more time between appointments with your stylist, particularly if you notice that the air is dry. During winter months, stretch the time to every 8 to 10 weeks.

Ideally, you can have one service, a perm, relaxer, or coloring. However, if you wish for more than one service, relax or perm your hair first. Make sure to do this around 2 weeks before coloring your hair.

Do not forget to use conditioner after shampooing your hair. Use a leave-in conditioner with zinc oxide to protect your hair if you need to go out.

Habit #4: Pulling the Hair Tightly, Such as Cornrows, Buns, or Ponytails

No doubt, styling your hair in a bun, cornrows, or ponytail can improve your look. However, if you do it too often, expect hair damage.

Instead, wear your hair loosely pulled back. If you need to style your hair with rubber bands, go for the bands specially designed for that purpose. You can try different styles that do not pull on your hair.



Habit #5: Applying Styling Products with Long-Lasting Hold

Styling products that come with long-lasting hold are not healthy for your hair. Instead, choose a hairstyle that does not require these products.

Habit #6: Using a Curling Iron, Hot Comb, or Blow Dryer

Curling irons, hot combs, and blow dryers are popular styling tools. While they can make your hair look attractive, they can cause damage to your hair.

Rather than using a hairdryer, simply allow your hair to air dry. But if you are in a hurry, you can use it on the lowest heat setting. Limit the time a curling iron or hot comb is in contact with your hair.

Try to use these tools infrequently, aiming for once a week.



Habit #7: Brushing Hair While Still Wet

Do you have tight curls or textured hair? Then, I suggest always combing them while they are damp with a wide-tooth comb.

Do you have long, straight hair? If yes, allow your hair to dry slightly before gently combing them using a wide-tooth comb.



Habit #8: Drying Hair by Rubbing It with a Towel

Oh well, I have been guilty of this habit. But it turns out that doing this can damage hair.

So, now, I only wrap my hair in a towel without rubbing it to absorb the water. Then, let my hair air dry.

Habit #9: Skipping the Conditioner

I love using conditioner as it makes my hair smooth and silky. Those who skip this hair care product, however, should change their habit now.

Do not forget to use conditioner after each shampoo. Then, notice how silky smooth your hair is.



Conclusion



In our quest to achieve beautiful and healthy hair, we sometimes do things that actually do more damage than good. Remember, damaged hair is fragile and breaks easily. If we neglect our damaged hair, we could start seeing thinning hair or, worse, bald spots.

Fortunately, you can try this proven scalp massage or these homemade remedies to regrow your hair faster, stronger, thicker, and shinier. Plus, make sure to prevent hair treatments or procedures that can only damage your hair instead of making it healthy. Remember that healthy hair leads to a more confident and happier you. Always have a beautiful hair day!



Thank you for buying Fast Lean Pro. I hope that you can enjoy its benefits as soon as possible.