

TIPS TO TAKE CARE OF YOUR

HAIR



Shampoo often to keep your scalp clean.

Towel-dry your hair before styling to avoid breakage.



Get a haircut every month to keep your hair looking healthy and stylish.

Keep heat low while using hair dryers.



Avoid using too many hair products.

Wear hats sparingly. Hats may cause hair loss and damage as they pull too hard on the hair's roots.



Be careful in the summer as sunlight exposure may cause dry hair.

Apply natural oils regularly as they aid in hair growth.

