



Checklist For Hair Treatment During *Pregnancy*



Choose a reputed salon with skilled professionals and high-quality hair products

Check the salon's cleaning and sterilizing tools



Avoid salons with poor ventilation to prevent inhaling chemical fumes

Take breaks during long hairstyling procedures to avoid body pains and backaches



Consider using non-lye relaxers for less irritation to the scalp

Explore chemical-free alternatives for rebonding hair for a safer option

