

# 10 HAIR ROUTINES FOR HAIR GROWTH

1

**Regular Washing:** Keep your scalp clean by washing every 2-3 days with a gentle shampoo.

2

**Conditioning:** Apply conditioner from mid-length to ends and rinse with cool water.

3

**Gentle Combing:** Use a wide-toothed comb to detangle hair, starting from the ends.

4

**Limit Heat Styling:** Minimize heat tools and use heat protectant when necessary.

5

**Regular Trims:** Trim every 6-8 weeks to prevent split ends and breakage.

6

**Scalp Massage:** Daily scalp massages enhance circulation and promote growth.

7

**Balanced Diet:** Eat foods rich in vitamins, minerals, and proteins for hair health.

8

**Loose Hairstyles:** Avoid tight styles that strain hair and hair follicles.

9

**Sun Protection:** Wear a hat or use UV protection to shield hair from sun damage.

10

**Handle Wet Hair with Care:** Air dry or gently squeeze excess water with a soft towel.