



Scalp Reset Guide

HEALTHY HAIR BEGINS WITH HEALTHY SOIL

WINTER CAN LEAVE YOUR SCALP FEELING STAGNANT, DRY, AND OUT OF RHYTHM. IF HEALTHIER, FULLER HAIR IS YOUR GOAL THIS SEASON, SPRING IS THE TIME TO RESET THE ENVIRONMENT YOUR HAIR GROWS FROM.

RESET YOUR SCALP TERRAIN THIS SPRING RESET YOUR SCALP TERRAIN THIS SPRING

1 INCREASE CIRCULATION DAILY

HEALTHY HAIR DEPENDS ON HEALTHY BLOOD FLOW.

DAILY SCALP MASSAGE HELPS:

- STIMULATE CIRCULATION
- DELIVER NUTRIENTS TO HAIR FOLLICLES
- SUPPORT STRONGER, HEALTHIER GROWTH
- REDUCE SCALP TENSION

TOOLS THAT HELP:



SCALP BRUSHES



MANUAL SCALP MASSAGE



HIGH FREQUENCY WAND

THESE SIMPLE ADDITIONS CAN HELP WAKE UP SLUGGISH SCALP TISSUE AFTER WINTER

2 BRING THE BODY BACK INTO MOTION

MOVEMENT SUPPORTS:

- BLOOD FLOW
- LYMPHATIC DRAINAGE
- HORMONE BALANCE
- NERVOUS SYSTEM REGULATION

ENCOURAGE:



DAILY WALKS



STRETCHING



STRENGTH TRAINING



OUTDOOR MOVEMENT

THESE SIMPLE ADDITIONS CAN HELP WAKE UP SLUGGISH SCALP TISSUE AFTER WINTER

3 RECONNECT WITH LIGHT AND RHYTHM

SEASONAL SHIFTS IMPACT:

- HORMONES
- STRESS LEVELS
- SLEEP CYCLES
- HAIR SHEDDING PATTERNS

SUPPORT YOUR BODY BY:



GETTING MORNING SUNLIGHT



PRIORITIZING RESTORATIVE SLEEP



SPENDING TIME OUTDOORS



REGULATING CIRCADIAN RHYTHM

HAIR HEALTH IS DEEPLY CONNECTED TO WHOLE-BODY BALANCE.

4 SUPPORT FROM WITHIN

EXTERNAL CARE MATTERS, BUT INTERNAL NOURISHMENT IS ESSENTIAL.

TARGETED HAIR WELLNESS SUPPLEMENTS CAN HELP PROVIDE:

- KEY NUTRIENTS FOR HAIR GROWTH
- STRESS SUPPORT
- HORMONAL BALANCE SUPPORT
- FOLLICLE NOURISHMENT



Featured support

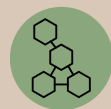
XTRESSE HAIR GROWTH GUMMIES



NOURISH HAIR FROM INSIDE OUT



SUPPORT STRONGER, HEALTHIER HAIR



MADE WITH KEY VITAMINS & MINERALS



STRESS & HORMONE SUPPORT

*affiliate link included

IN CLINIC SUPPORT

FOR CLIENTS WANTING DEEPER SCALP SUPPORT:

- SCALP BRUSHES AVAILABLE FOR PURCHASE
- HIGH FREQUENCY WAND OPTIONS
- PROFESSIONAL SCALP-FOCUSED RECOMMENDATION

