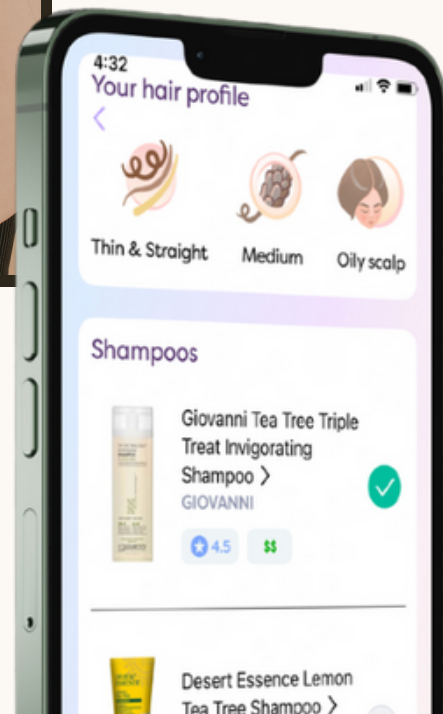
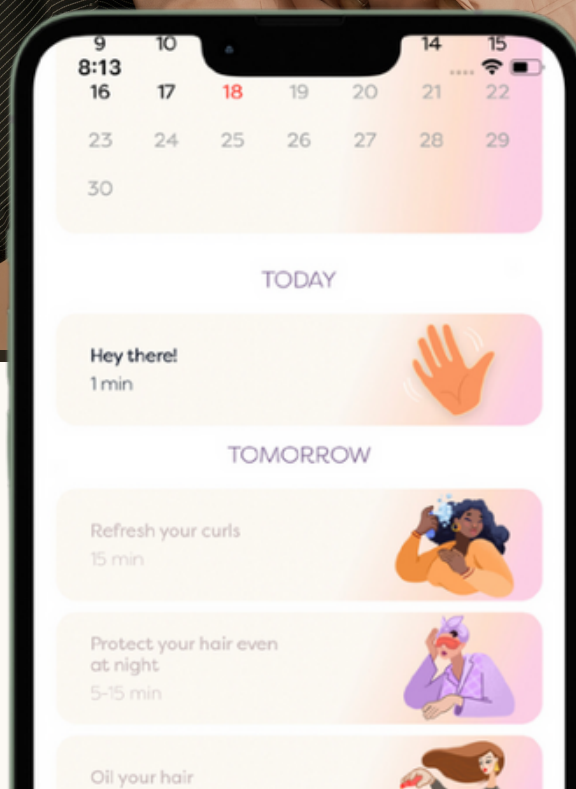
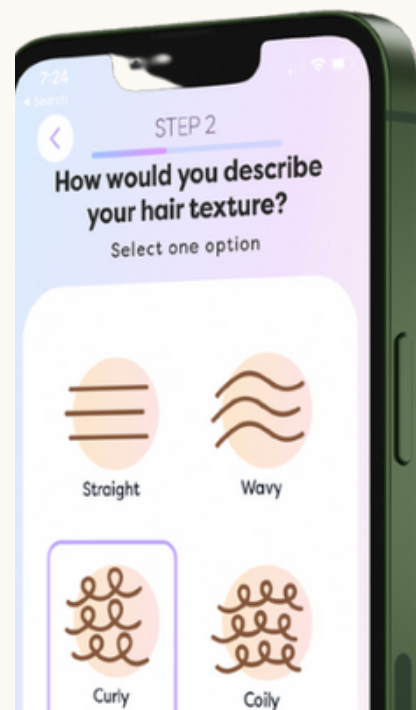


Hair Growth Guide



BY HAIRCARE APP





Hi, beauty!

WE'VE CREATED THIS GUIDE TO HELP YOU GET YOUR DREAM HAIR

We're a team of professional hair care specialists who developed HairCare App - mobile app that helps people all over the world to enhance their hair health.

This guide will empower you on your journey to healthy hair by teaching you some hair science.

Knowledge is the power, do you agree?

And PLEASE feel free to share this guide with your friends - they might need it



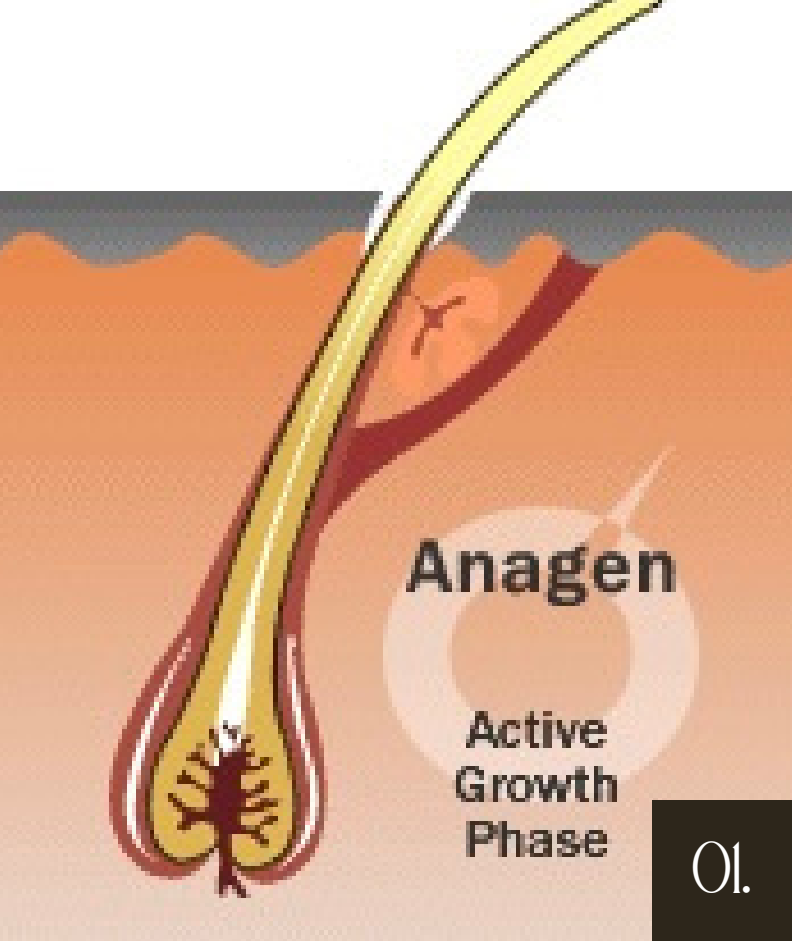


→ Where to start?

YOUR HAIR'S PRIVATE LIFE

Yes, you've heard it right! Your hair has its own private life which is divided into 4 phases.

Each phase has its own timeline, which can be affected by age, nutrition, and overall health. That means there are steps you can take along the way to help ensure that your hair follows a healthy growth cycle



PHASE 1

→ Anagen:
Growing phase

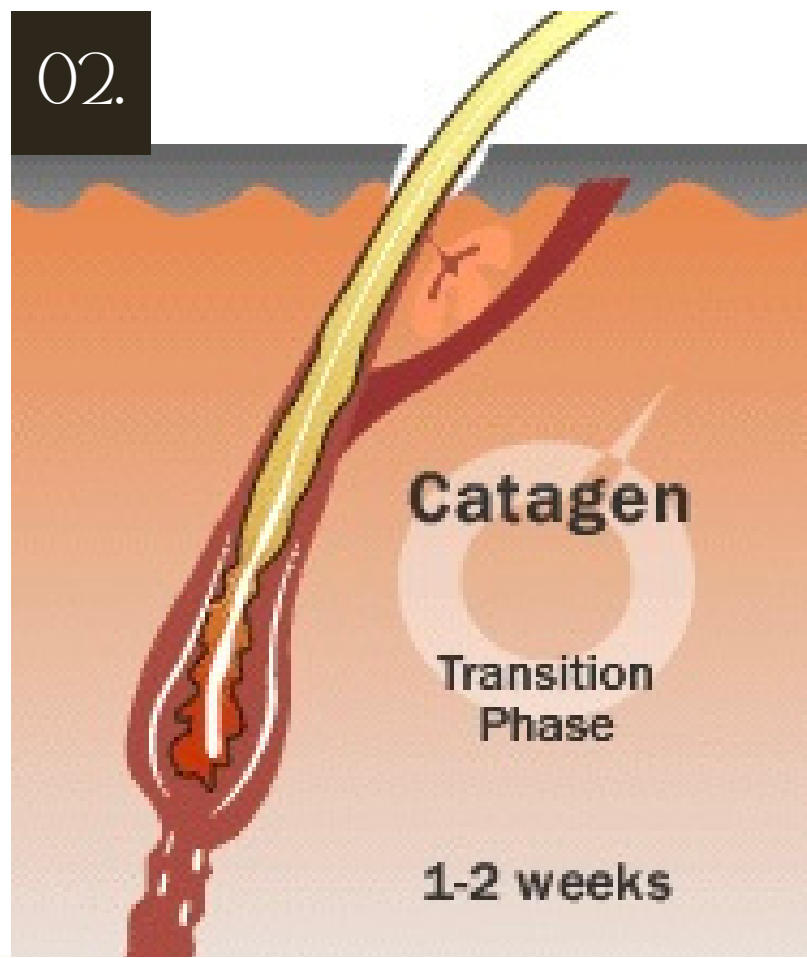
The stages of hair growth begin with the anagen phase. It's the longest phase, lasting about 3 to 5 years for the hairs on your head, though for some people a single hair could continue growing for 7 or more years.

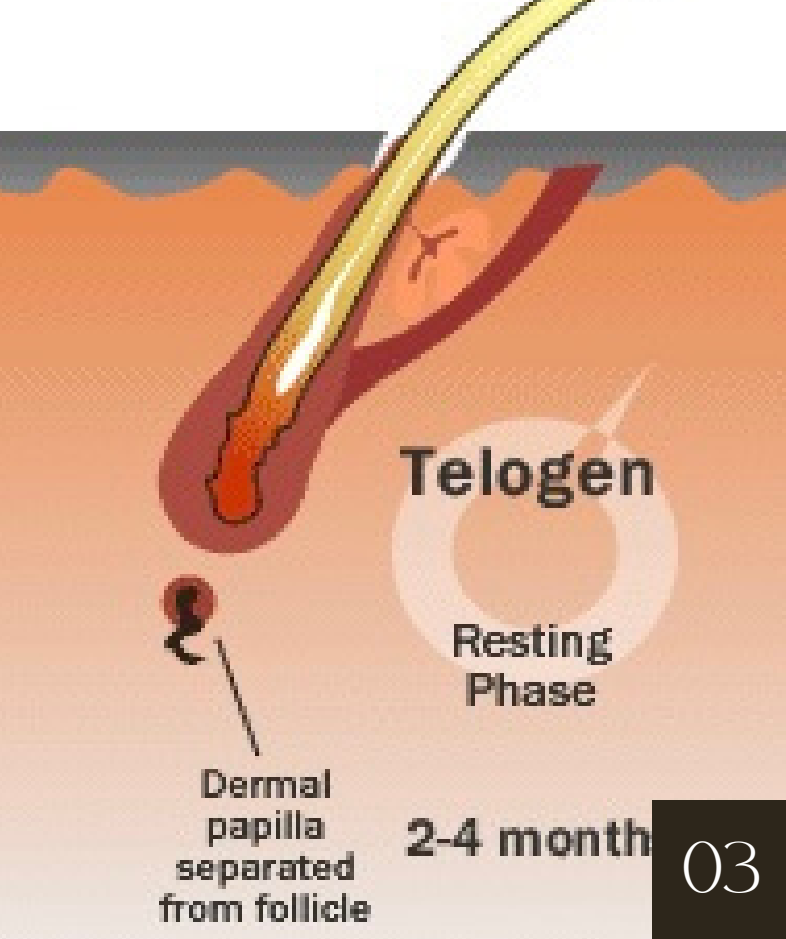
PHASE 2

→ Catagen:
Transition
phase

The catagen phase starts when the anagen phase ends, and tends to last about 10 days or so. During this chapter, hair follicles shrink and hair growth slows. The hair also separates from the bottom of the hair follicle, yet remains in place during its final days of growing.

Only about 5 percent of the hairs on your head are in the catagen phase at any given time.





PHASE 3

→ Telogen:
Resting phase

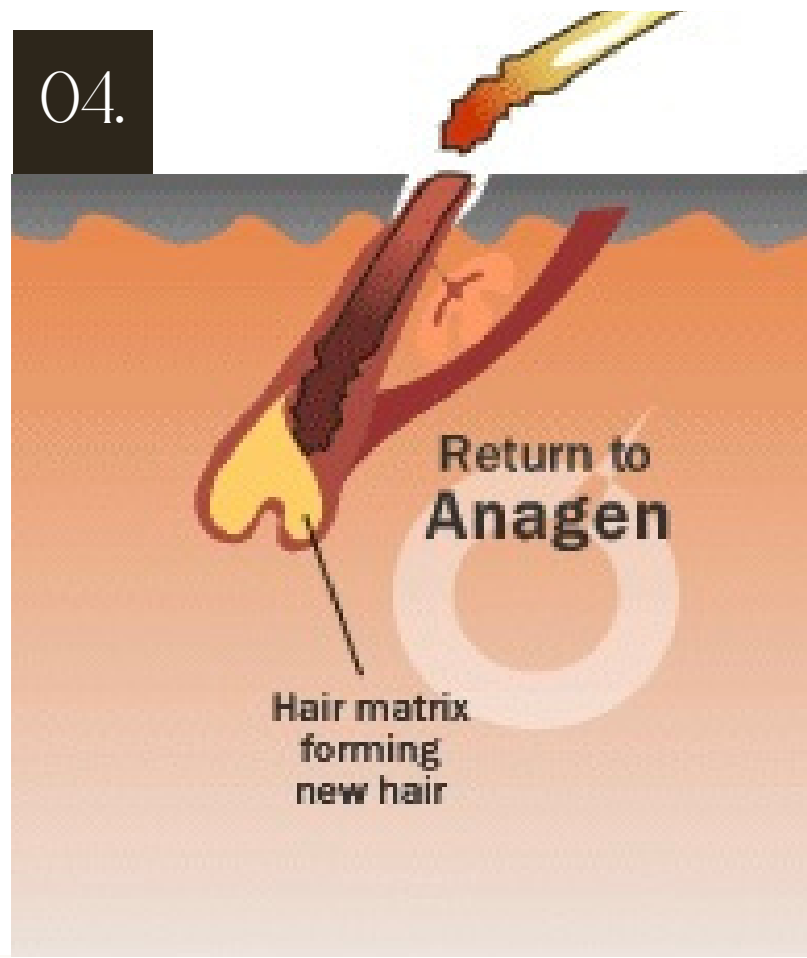
The telogen phase typically lasts around 3 months. An estimated 10 to 15 percent of your scalp hairs are in this phase.

Hairs don't grow during the telogen phase, but they don't usually fall out either.

PHASE 4

→ Exogen:
Shedding phase

The exogen phase is essentially an extension or a part of the telogen stage of hair growth. During the exogen phase, hair is shed from the scalp, often helped along by washing and brushing. Losing 50 to 100 hairs per day during the exogen phase is normal.





IMPORTANT

YOU CANNOT SAVE THE HAIRS YOU'RE LOSING NOW

When your hair is in **Telogen phase**, there's no way back: it's scheduled to fall out in several months

Telogen Effluvium is a state when some stress causes hair roots to be pushed prematurely into the resting state. If your organism experiences severe shock, there's a possibility that as many as 70% of the scalp hairs are then shed in large numbers about 2 months after the "shock".



Reasons For Hair Loss

→ STRESS

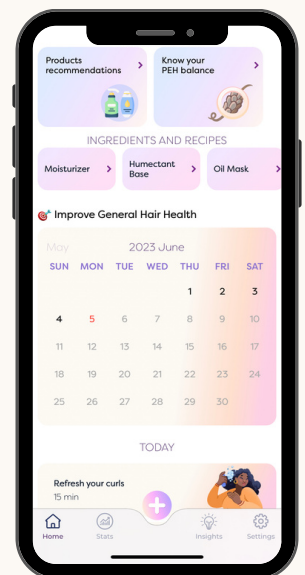
Yeah baby...it's nothing new and it's all about stress.

Stress is not a disease per se, but it's the major cause of a number of illnesses. Significant stress pushes large numbers of hair follicles into a resting phase. Within a few months, affected hairs might fall out suddenly when simply combing or washing your hair.



→ HORMONAL IMBALANCE

Hormonal changes can cause temporary hair loss. Examples include pregnancy, childbirth, quitting birth control pills. Many new moms see noticeable hair loss a few months after delivery. The excessive shedding is caused by falling estrogen levels.



In all other cases, the excessive level of dihydrotestosterone (DHT) is to blame. DHT binds to androgen receptors in hair follicles which leads to a shrinking of susceptible follicles, making it impossible for hair to survive.





→ IMBALANCED DIET

Dramatically restricting your calorie intake means that you likely are not ingesting enough essential nutrients, like protein, fatty acids, and zinc. These deficiencies, especially if maintained over a period of time, can lead to hair loss.

→ MEDICATIONS

Some medication can have unwanted side effects. Drugs cause hair loss by interfering with the normal cycle of scalp hair growth.

→ POOR BLOOD CIRCULATION

Blood is a vital transport system, and blood circulation supplies life to each and every organ in your body. If you have low blood flow reaching your hair follicles, they gradually miniaturize and eventually shut down into sleeping follicles. As a result your hair is shedding and thinning





BEST ROUTINES for hair growth

Concentrate on hair growth!

To enhance hair growth, you should include two types of routines in your beauty menu

→ Routines that increase
blood circulation

→ Routines that nourish
hair follicles

[CLICK TO JOIN](#)



Routines

THAT INCREASE BLOOD CIRCULATION

High Frequency Wand Therapy: before applying scalp treatment

- [This post features all the info about darsonvalization](#)

OR

Scalp Massage: before applying scalp treatment

- Save this [scalp massage technique](#)

AND

Scalp Scrubs: every two weeks, after shampooing

- Check out [this post for details](#)



Routines

NOURISH HAIR FOLLICLES

Scalp Treatment: right after darsonvalization or scalp massage

- [Check out this post](#)

AND

Rosemary Water on these days you do not wash your hair (firm NO, if you color your hair)

- This post features [all the details](#)

Products

→ These products will help you to transform your hair:



Great budget option
Ideal for normal
balanced scalps

[Buy on Amazon](#)



Natural alternative to
Olaplex #4

[Buy on Amazon](#)



Natural alternative to
Olaplex #5

[Buy on Amazon](#)



Protein treatment
Every 2 weeks

[Buy on Amazon](#)



Best deep cleaning
shampoo. Removes
product and hard water
buildup

[Buy on Amazon](#)



This leave-in conditioner
will work for any hair
type

[Buy on Amazon](#)

Products

→ These products will help you to transform your hair:



High frequency wand therapy will wake up your sleeping follicles

[Buy on Amazon](#)



Silicone scalp massager

[Buy on Amazon](#)

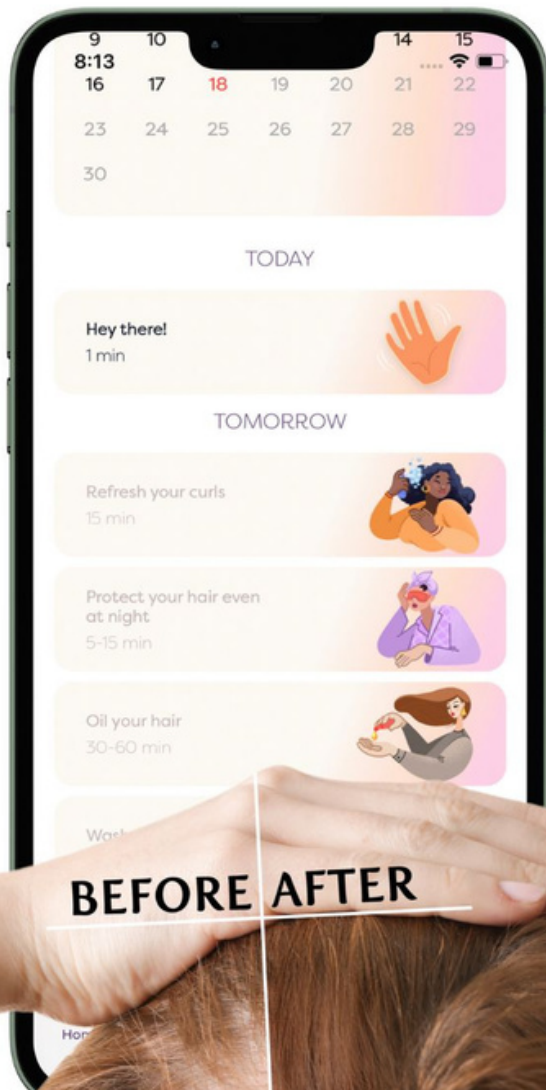


Consistency

IS THE KEY TO HEALTHY HAIR

Consistently following a special hair care routine creates an optimal environment for hair growth. Hair grows in cycles, and **a consistent routine helps support this natural process.**

We'll guide you on your hair growth journey



WITH HAIRCARE APP

you will get:

- **Individual Hair Growth plan** developed by pro team **fully tailored for your needs**
- List of **best hair care products** for your hair and scalp profile
- Hair care **insights** created by the team of domain experts

Our app will help you to enhance hair growth!

You'll get the answers to the most popular questions:

- What products to buy?
- What routines to follow?

BEFORE AFTER



iOS

Download the
App Now



DOWNLOAD HairCare App

Click on the Button

