

How to grow longer, stronger, healthier hair!

Part 1 of 2

Here are three things to help you get started and on your way to the hair you desire.

1. Now is the time to make a goal on the growth you desire. Hair grows at the normal rate of one half an inch per month. Now some people will have more growth and others less depending upon the hair and background DNA you may have.

Usually checking back to your younger days if you had long hair. Possibilities are that you can grow long hair again. If your hair only reached your shoulders that may be where your hair length ends. In some cases, the hair may still grow a quite bit longer with exceptional care.

2. To measure your hair and set your goal.

While standing where you will be able to see the back of your hair. Stand tall, head straight pull the back of the hair down in the center of the nape area. Take a picture or measure with a tape measure the length of your hair.

Now think of where you would like your hair to be. Where is the perfect length for you? Where would you like your hair to fall. Please be reasonable here. LOL

3. Begin to count the inches between where your hair is now and where you desire your hair to be.

For example: if there is six inches between your length now and the length you desire. Hair grows at one half an inch per month so that would be 12 months of growth. Meaning it would take your hair 12 months to grow to that length.

Now you will also have to factor in trimming of your hair. When you are trying to grow your hair to a new length you do not trim the hair often. Maybe only 3 to 4 times a year. Trimming would be done only as needed. Not every 4 to 6 weeks. Trimming every 4 to 6 weeks is great for maintaining a style, but not good for growing out your hair. Actually, just a Dusting is needed to let the hair grow. A dusting is just cleaning up the ends of the hair to maintain shaping only while the hair grows out.

Here are three things that you can do to stimulate and encourage healthy hair growth.

1. One of the best and basic things you can do to stimulate hair growth and make your hair shinier.

Is to purchase a good brush. Then brush the hair daily. Now when I say brush the hair this means brush from the scalp. You should feel the brush on the scalp, then brush through ends.

This will stimulate the scalp, also clean residue, dirt and oils from hair and scalp.

2. Do a vigorous Shampoo.

When shampooing your hair after you have brushed the hair, then follow with a vigorous shampoo.

This means feel the scalp. Your scalp should move with your fingers. If you feel that the scalp is tight that's your sweet spot. Really move that around until you feel it loosen up. Just this simple way of feeling your hair and scalp can cause the hair to become thicker and have more body.

3. An absolutely fabulous Massage.

After you have brushed and shampooed your hair you can massage a conditioner into her hair. Take a moment to really love on your hair here. First massage the scalp then massage the hair itself.

This can make the hair stronger and if it's stronger it will become longer.

Using all of these together will stimulate the hair and scalp into growing a bit faster than normal.

Next month we will discuss Why hair and scalp treatments are important and what treatments are best for your hair type.

If you would like to learn more, you are welcome to give me a call or schedule an evaluation and consultation. Phone # (661)609-4184. Its Free!