

# How to grow longer, stronger, healthier hair

## Part 2 of 2

Here are three treatments that can really make a difference in the health of the hair as it grows to its full length.

1. Using Cellophane hair color can keep the hair healthy as it grows out from scalp to ends. When hair is relaxed it is always recommended to have a cellophane to coat and protect the hair strands. Now, I have found that product can make the difference. Make sure that the product you are using is true cellophane not a copycat. Many of the copycat products don't work as well.

On natural hair it will and can add color, but not coverage of grey hair. It will add more body and shine to the hair. you can also just use a clear instead of color to get the results without the color. It will protect your hair from our harsh environment. Use Monthly.



2. Steam treatments. This treatment will cause the hair to become softer, shiner and full of life.

The duration of steam treatments can be anywhere from 10 to 30 min. Times depend on the condition of the hair and what you are trying to achieve.

Steaming also treats dandruff, dry and itchy scalp. It can unclog pores so that the hair will grow out without a struggle. Along with helping to remove blackheads and dirt and debris on the scalp. Also stops shedding and breakage of hair. Recommended use at minimum once a month. Can be used on every salon visit.



**3. Conditioning treatments are one of the most widely used treatment to create healthy hair. There are a myriad of treatments available.**

The best treatment are the ones that are customized for your hair type. Whether your hair needs strengthening, moisture, volume or hydration, to repair split ends and amazing natural and/or organic oils.

Having a treatment created especially for your needs is of the utmost importance. It will target your hair specifics. This will create the ultimate in results you desire. Having stronger, longer healthier hair.

One of the things it takes to grow longer, stronger, healthier hair is time. The average hair growth is one half an inch a month. To see a difference in the growth give yourself at least three years.

The next thing to do is to be consistent. If you are wearing a relaxer, you may need to try different types. One relaxer does not fit all. When you find the one that works best on your hair stick with that type of relaxer treatment. I use four different relaxer types. Usually one will work better than the other on your hair.

Keep your hair cleaned and conditioned well. Have regular visits. Ask what products would be best for your hair type. Have a home care system for your hair.

Take the time to love your hair and it will grow and be healthy. Nothing can take the place of beautiful, strong and healthy hair. It's always in style.

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!