

## **Three things you can do to stimulate and encourage 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 under 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.

3. A fabulous Massage. After you have brushed and shampooed your hair you can massage a conditioner into your 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 these together will stimulate the hair and scalp into growing a bit faster than normal.