



5 Essential Habits for Hair Growth

Listen to your heart and trust the direction
you are being pulled. Somewhere inside
you already know what to do.

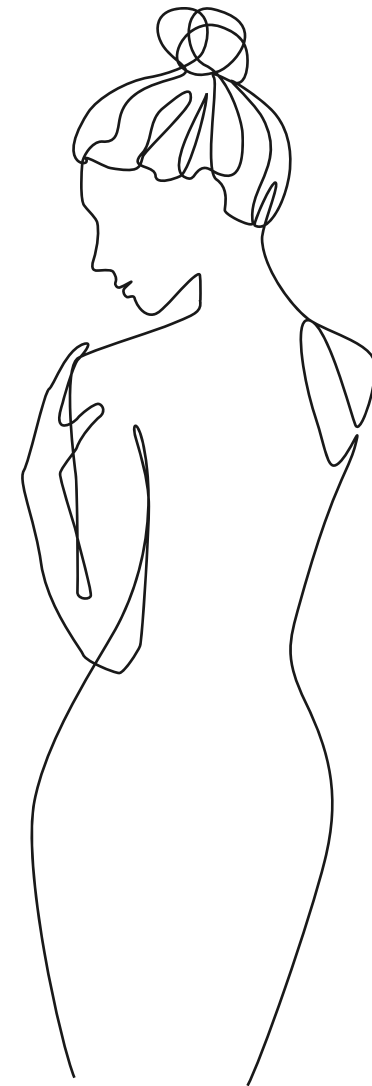
-Spring Washam

Get To Know Your Body

Work with a holistic practitioner to understand the root cause of hair loss.

Ask specific questions: Is my hair loss related to diet, stress, or hormones?

Understanding the root cause is the key for holistic hair growth!



Nourish Yourself

Hair thrives on a constant supply of micro & macro-nutrients.

Eat lots of protein to support tissue regeneration- think body builder!

Green veggies are another daily essential to supply vitamins & minerals to the follicle.

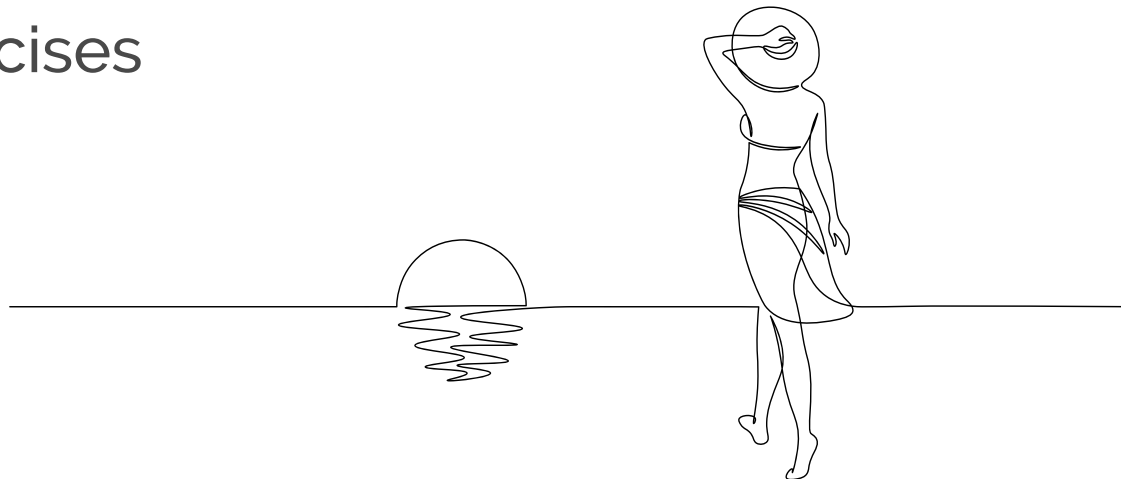


Rest & Digest

Worrying about hair loss creates a vicious cycle of stress that leads to more hair loss.

Break that vicious cycle by:

- releasing the emotions that come along with hair loss
- daily exercise - gentle and/or vigorous
- self-compassion and metta meditation
- de-escalate stress in the moment with breathing exercises



Love & Appreciate the Body



Let go of *perfection*.
Perfect hair only exists in the mind.

Aligning your diet & lifestyle for balance & follicle nourishment will increase natural hair growth: and the hair cycle takes time.

Give your body some love and appreciation right now!
Celebrate your body, celebrate your hair.

Have fun!

Play with your hair

If you want regrow hair naturally; *I insist you have fun with your hair.*
Hair is big part of self-expression & personal identity.
Self-expression is a basic human need.

Try • side swoop bangs • a pixie cut • getting rid of layers •
• natural mineral fill-in powder • non-toxic henna dye •
• wigs • clip-in extensions • playful hair styles •
• hats, scarfs & headbands •

Avoid • formaldehyde releasing agents ([see list](#)) •
• hair relaxers (esp w/o protection) •
• bonded, sew-in, or tape-in extensions •