

GENERAL TIPS FOR BEAUTIFUL HAIR

1. A balanced diet! Overweight has a negative impact on the balance of several hormones such as growth hormones, insulin and sex hormones.
2. Reduce sugar and carbohydrates, because they promote inflammatory processes. Instead, consume more vitamins and minerals in the form of fruits and vegetables (alkaline diet).
3. Nicotine and environmental pollution disturb the blood circulation. They consume more vitamins and minerals/trace elements and burden the organism with dangerous heavy metals.
4. With diseases of the scalp, such as chronic eczema or dandruff, the hair roots often suffer as well. Your doctor can help!
5. Reduce stress! Recent research shows that hair roots can produce stress proteins. These stress proteins have been proven to reduce hair growth.
6. Lukewarm blow-drying and mild shampoos are gentle on the hair structure.
7. Frequent hair washing can also dry out and damage the hair.
8. No severe hairstyles - constant pulling on hair roots has a disturbing effect resulting in local hair loss.