

How to Care For your Hair And Stimulate Hair Growth The Natural And Easy Way!

Free Report

Hannes And Magda Gerber

Main Suppliers of [Hair Boss Hair Products](#)

Bombshell/Stud And Bosbek



Need Tips to Assist With Hair Growth And Hair Care?

Hey there all you beautiful people!

We love to help where we can...so we decided to send you some very useful tips on how to care for your hair. The natural way!

It will be short and sweet with just a heading and a, what to do, how to do, and why to do it information. Some will be familiar and some brand new. We do however believe that you will find most of these tips very helpful.

They say that 90% of your hair forms part of your selfie...

So here we go...

1. Get frequent trims

Trims get rid of accruing damage and the split ends that end up screwing you over in the long run.

It may seem counterintuitive, but if you want long hair that's actually healthy, you need to get regular trims. The rule of thumb is more or less every 8 weeks. Just keep an eye on your ends and make sure your stylist is only taking off what's necessary. A cut only every 8 weeks will also save you money!

2. Be aware of the shampoo you use and how you use it

Some shampoos contain harsh ingredients that can build up on your scalp, clog your hair follicles, and sabotage your hair-growth plan. Use a very gentle, naturally based cleanser.

Skip the daily shampoo. Shampooing your hair two to three times a week allows your natural oils to penetrate your hair, allowing it to hydrate and repair itself.

The fewer chemical treatments, the better your hair will grow.

When I did a lot of training for marathons, I use to wash my hair twice a day. I did it once before I attended work in the morning and then once again after training at night. This caused a lot of hair loss as well as dryness and I was getting worried.

Then one of my running mates mentioned that I should use Baby Shampoo and only use it every second day. This made a huge difference and unto today I follow this advice.

3. Keep Conditioning

A hair-growth journey is an excellent excuse to treat yourself to a quality leave-in-conditioner. You do not need to buy conditioner if you use [Hair Boss Hair Treatment](#). It contains Biotin. Biotin is a Vitamin that assists with rapid hair growth and repair and you will feel the difference immediately.

I use it only once a week, so a bottle lasts much longer. People are also raving about how good my hair looks and I get a lot of compliments...even from strangers.

4. Finish your shower with a cool rinse

A super steamy shower isn't just bad for your skin — it's also rough on your hair. Turn the water temperature down when cleansing. Rinse with cool water to help seal the cuticle and strengthen your hair before styling it. I struggle with this tip...especially during winter.

5. Stop Doing That Towel Thing

Are you still doing that towel thing? The combo of twisting, tension, and fabric-rubbing on super fragile wet hair is not kosher for the hair growth diet. Try swapping your towel for a gentler microfiber hair one (no rubbing, just blotting) or try drying your hair with nothing but air. It is always nice and healthy standing outside in a slight breeze. That is if time and weather permits you doing it off course.

6. Be careful when you brush wet hair

Hair is especially susceptible to breakage when it's wet. If you absolutely *must* get some knots out post-shower, make sure to use a brush that will go easy on your strands.

Using a Tangle Teezer or Wet Brush is key. Also note that the technique is just as important as the tool. Start gently brushing from the ends and gradually work your way up. And don't just brush the top layer — brush the hair underneath as well. If traditional brushes aren't for you, opt for a wide-toothed comb instead. I personally use a wide-toothed comb.

7. Avoid heat styling tools

Stop over-styling your hair. If you *must* use heat, decrease the temperature and always use a heat protecting product — otherwise, you risk damaging your hair, leading to breakage and frizz.

Beyond the gentle brushing, try to leave your hair alone as much as humanly possible. That means cutting down on hair-drying, flat-ironing, curling, chemically straightening, dyeing, teasing, baking it in the sun, and yes, even crimping. The less you alter it and mess with it, the more it can truly thrive.

We were viewing a TV program in which the woman was daily over doing it with their hair. They were all still young of age, but already the damage was showing. Even with all the grand products they were using. This is why, as you get older, you have way more problems having a beautiful, natural and healthy head full of hair.

What is better looking? For sure healthy, shiny natural looking hair will win the race every time!

8. Try Massaging Your Scalp

Did you know a head massage is good for you?

Not only does a head massage make you feel good, it also helps stimulate blood circulation. It also mobilizes scalp oils that strengthen the roots and keep your hair moist.

A scalp massage with a good [hair growth](#) increases the chances of your hair becoming long and strong. Your scalp is packed with essential vitamins and nutrients and is a natural hair conditioner. If you are not getting a head massage at your salon, ask your hubby/wifely, or like in our circumstances, your grandchildren to do it.

9. Distribute your hair's natural oils

Going to bed with un-brushed hair may seem tempting when you're tired, but giving your hair a few quick strokes can be great for its health. This simple step each night helps increase circulation, which helps make your scalp healthier. I myself am on pension already, but I can still remember my grandma's beautiful hair and the way she combed it every night before going to bed.

10. Be Calm...Chill Out

This is probably the hardest tip to follow, but if you want your hair to grow, you need to calm down and chill out. Your body knows that your hair isn't essential to maintaining your life, like your heart, lungs, and brain are, so when your body is under stress, it will move any available nutrients and energy to those essential organs and away from your hair.

With today's work routines as well as stress levels running high, we've seen and had many clients that we were able to help with [hair loss](#) and hair damage due to stress.

11. Eat the right foods

Having long, strong hair doesn't just depend on which [products](#) you put on your hair; it also depends on what you put into your body. Foods high in protein as well as vitamins A, C, and E, minerals like zinc and iron, and omega-3 fatty acids can contribute to healthier hair. The right foods assist in feeding the hair from the inside.

This tip will then have many other advantages as well. Weight maintenance and a stronger immunity to getting sick are just 2 other advantages to mention.

12. Consider Outside Forces

Modern day diet's and routines as well as environmental factors starve our bodies of essential nutrients, often leaving our hair unhealthy. Specific nutrients feed the hair from the root

ensuring healthy hair growth and condition.

Factors like hormone imbalance, stress, old age, pregnancy and diet or chemo therapy treatments are just a few to mention.

If you're extremely stressed, having trouble chilling out, or are on a restrictive diet of sorts, some vitamin supplements may make a noticeable difference.

Look for a multivitamin that's formulated and labeled 'For Hair, Skin and Nails,' Those contain important vitamins like Biotin and C and B vitamins that support hair health and... you may get better skin in the process!

Then also you may need something [more targeted](#) to hair loss. [Hair Boss Hair](#) products formulation improves blood circulation, detoxifies the scalp and stimulates follicles for improved hair growth. It supplies valuable nutrients to the hair roots and shaft thereby promoting hair growth.

Due to the nature of the hair growth cycle, hair shedding usually occurs 6–12 weeks *after* the event that caused it. It is important to reflect a bit on what's been going on in your life, consult a professional where needed, and re-strategize from there.

13. Sleep on a silk pillowcase

Spoil yourself! Silk is easier on hair. Encouraging your hair to grow to impressive lengths means treating it like the fragile baby it is, so start sleeping on silk pillowcases to cut down on tangles, breakage, and damage. The less breakage your hair experiences, the longer, stronger and healthier your hair will be.

This tip is a fun one because silk pillowcases feel really nice and are good for your face, too.

Having strong, long, healthy, stunning hair is possible at any age!

Enjoy treating your hair well and all the best with applying these tips.

Fond Regards

The Hair Boss Hair Team

