



# HELPFUL INFORMATION ABOUT STOPPING HAIR LOSS AND REGROWING YOUR HAIR



# Helpful information about halting hair loss and re-growing your hair

## **How and Why The HRT System Was Created**

When our lead formulator started losing his hair a few years ago, he turned his talent for researching and creating natural, organic solutions to finding a way to help stop hair loss. After failing with several formulas, he decided to try a bio-extraction of a rare, Italian seed to see if that would stimulate the follicle to begin re-growing hair again. The rest is history.

If you're experiencing thinning hair or have lost most of your hair, fretting and worrying about it won't help, getting started with the HRT™ Hair Rescue Therapy System will. It is a simple, easy 3-STEP Hair Therapy System for women and men.

HRT is an effective, non-invasive, non-drug, non-chemical system formulated to halt hair loss and help re-grow your hair.

## **Beware Of Scams**

There are many products on the market today that purport to help in the re-growth of human hair. Many work as promised. Some are completely worthless. The difference is that many of those that are worthless know it but they want to prey on persons who are desperate to regain their hair or stop hair loss so they concoct a product and cloak it in scientific sounding words target their prey.



Our hope is that those kinds of products and companies will be exposed for the frauds they are and that they will cease to make the legitimate companies in this category look like hucksters. We appreciate the trust you've placed in My Skin's Friend and the HRT System and we promise to be there with you every step of the way to help you reach your goals.

## **Long-Term vs. Quick Fixes**

We know that if we could develop a formula to re-grow lost hair in days vs. months or years, we could make a fortune. Well, hair is not usually lost overnight and likewise, it isn't grown back over night either but with time and the right environment, most people can regain lost hair.

Everyone is different and responds differently to any treatment. We like to provide reasonable expectations because we are here for the long run, not just to make a quick buck. Our goal is to help you regain your hair or stop hair loss and then hope that you will share this news with others and help them.

Your results will depend on several factors.

- How long you've been losing your hair
- Whether or not you have balding in your family
- The state of your hormone balance. Your doctor can establish that
- Whether or not you are completely bald or just have thinning hair (both can benefit)
- The growth cycle your follicles are in now
- Other factors such as your health, medications, diet, etc.

While we cannot know your particular situation, we can state that everyone who has used the HRT system as directed over a reasonable period of time has seen positive results. For that reason, we encourage you to try it as directed and see how it works for you. That's all that matters anyway. Your results.

### **You didn't lose your hair over night and it isn't going to return overnight**

But you already know this. The good news is that for most people who are just experiencing thinning hair, the result can be fairly quick. Many see the hair loss halted within about two weeks. Hair loss must be halted so that the hair that is still growing can repopulate the scalp so that's always the first thing you'll notice.

If you have lost all or most of your hair, the process will likely take nine to twelve months to see considerable hair re-growth. The good thing is that you're going to be around for many years anyway so why not make re-growing your hair part of that natural cycle of life.

### **All HRT products are organic**

The products listed here are produced only from organic, natural herbs, fruits, vegetables with essential oils and our proprietary liposome delivery system.

While that list isn't as impressive sounding as all the strong chemicals listed on most products promising hair growth, we can assure you these "natural" ingredients in the HRT products perform as well (as and in some cases better) than the drug-based products.

### **Before you begin . . .**

It's important to see progress and it is usually at a pace that is hard to determine unless you have taken pictures before beginning and can compare one with the other as you go through this journey. So please take some "before" pictures so you can monitor your progress. Sometimes it is difficult to look in the mirror and see what's happening on top of the head or the crown. Sit in a chair or on the floor and have someone take several photos of your head from above, behind, sides and of course, in front.

Date the photos and then plan on taking another set every 30 days. You won't see much change in those first photos but your excitement will build as you start to see bald or thinning areas slowly filling in. That will be when you will know for sure that the HRT system is working for you.



**We want to hear from you with any questions, challenges or certainly—success stories!**

We're not just looking for sales. We want to be partners with you in your quest to restore your youthfulness, self confidence and self esteem. We know your hair is a big component of that equation. Please keep in touch and let us know if you have any questions, comments or success stories.

Now, please take a moment to read more about the HRT 3-STEP System and how it might be the beginning of the end of your thinning hair.



## **HRT™ Organic Antioxidant Shampoo**

**This shampoo is the highest lathering shampoo ever developed without using chemicals.** The anti-oxidants used in this shampoo are very potent. They are mainly derived from tea leaves aged 15 years, organic pomegranates and organic apples.

**This shampoo looks more like a deep rich burgundy wine because of the exceptionally high concentration of polyphenols.**

It repairs damaged cells while removing the toxic buildup from the hair and scalp. It's nourishing and deeply cleansing.

Safe for colored hair and all hair types (oily, normal and dry).

Helps eliminate dry, inflamed, itchy scalp, and dandruff.

We recommend using only this shampoo while using the Scalp Booster Leave-In Cream and Hair Follicle Stimulator.

### **Important: Volume of Lather Indicates How Much Build up You Have**

When you first begin using the HRT Shampoo, *you might not see much lather* but don't worry. That just means that your hair and scalp have a buildup of film or chemical residuals from years of shampoos, cream rinses, mousses, gels, hair sprays, etc.

Continue using the shampoo on a regular basis and in about a week of regular use, you'll begin to see the volume of lather increase until it is very rich and copious. This means your hair and scalp are finally "clean". Although we all love that "bouncing and behaving" hair, it can only happen when your shampoo and crème rinse leaves things behind even after rinsing.

Some of these residuals may even be part of your hair loss or scalp problems. Just continue using the HRT products on a regular basis and over time your hair and scalp will be clean and chemical free just as nature intended.

**Here's how to use the HRT Shampoo.** Wet your hair and pour a generous



amount in the palm of your hand. Apply to wet scalp and lather. If you have longer hair you can add more and repeat. Lather and allow it to sit on scalp for 1-2 minutes before rinsing. The HRT Shampoo is nourishing for face and skin-safe.

When you experience copious lather it means your hair and scalp are finally free from the previous buildups and are now free to absorb the nutrients in the Scalp Booster and Follicle Stimulator.

**Ingredients:** fresh bio-extracted organic apples, rare aged tea polyphenols, fresh spring water, saponified organic olive oil, saponified organic coconut oil, grape polyphenols, fresh bio-extracted, organic pomegranate polyphenols, and horseradish.

### **HRT Scalp Booster**

**For early stage balding you can use once a day. For late stage balding we recommend using twice a day AM and PM. Safe for colored hair and all hair types (oily, normal, and dry).**

**You can use this product even if you are not experiencing hair loss.** It will strengthen and give body to limp or fine hair and help prevent any future hair thinning.

**It Infuses The Scalp and Hair With Unique Long and Very Long Chain Essential Fatty Acids Extracted by us and Helps Balance The Over-Production Of DHT.**



**The Scalp Booster is normally used after shampooing and towel drying your hair.** Place a small amount in the palm of one hand. With the other hand, dab product with fingers and use finger tips to work the cream into your scalp. Start with the balding or thinning areas first then spread outward over the entire hair and scalp. If any product is left on the palm, rub remainder between both palms and massage into the hair and scalp.

Comb or brush your hair to remove any tangles, and then dry as usual. **Your hair should immediately have more body and fullness**, allowing you to reduce or eliminate the use of toxic sprays, mousses, or gels.

**Play around with the amount, if you have fine thin hair you will only need a very small amount or it may create a little heaviness if you use too much.**

**For late stage balding we recommend** application 2 times a day, in the morning and before bed (shampooing is not required for application).

**Before going to bed is the most important application**, if you only use once a day make sure it is before you go to bed also take the time to massage into your scalp.

### **How to Apply the Scalp Booster and Follicle Stimulator**

Some have asked about the best way to apply both the Scalp Booster and Follicle Stimulator to the scalp without getting it on the hair. First, don't worry about getting these products on your hair too.

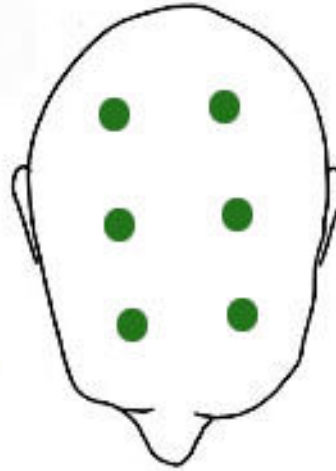


Sure, the goal is to get both the cream and the spray on the root where it can heal the scalp and nourish the hair follicle but keep in mind that people with thinning hair often have brittle hair as well. Combing or brushing the Scalp Booster throughout the hair will add shine, body and moisture to otherwise brittle hair shafts.

Parting the hair several times is one of the best ways to apply the Scalp Booster directly to the scalp. Once you've put it in several places, simply massage it in further with finger tips or brush it in.

Same with the Follicle Stimulator. Apply on scalp with dropper, brush or massage into scalp.

*Using the dropper, apply one or two drops to each area and then massage in with finger tips, comb or brush to distribute over scalp. Dropper helps get follicle stimulator to the root of the issue.*



### **My Hair Feels “Heavy” After Applying Scalp Booster or Follicle Stimulator**

For persons with thin hair, this is a benefit. For those with thicker or long hair, this can be a negative. Keep in mind that this is a treatment, not a supermarket shampoo. **Many of our customers tell us that they use it heaviest at night before bed which is our recommended way**, and then wash it out in the morning. Leaving it on at night seems to be the most effective simply because there is nothing to hinder the natural absorption of the nutrients or interfere with the healing process. You should adopt the regimen that best suits your specific needs. **As long as you are cleansing your hair and scalp with the HRT Shampoo at least every other day and applying the Scalp Booster and Follicle Stimulator daily you will see positive results.**

**Ingredients:** organic virgin olive oil, HRT™ Hair Rescue Therapy™ (long and very long chain essential fatty acid sterol complexes extracted from rare Italian heirloom vegetable seeds ), proprietary blend of bio-extracted sunflower, false daisy, rutaceae pilocarpus, Bladderwrack, grapeseed, red clover, beeswax, horseradish, quaking aspen tree bark, bio-extracted peppermint.

**For best results use with the Organic Anti-oxidant Shampoo and Hair Follicle Stimulator**

#### **HRT Follicle Stimulator**

**It provides added stimulation to the hair follicle for faster hair regrowth. Instantly adds thickness and body to your hair.**

**Shortens the time involved in visible hair re-growth. On its own it will provide a natural stimulation to the hair follicle. For some with mild thinning hair just using the Hair Follicle Stimulator with the shampoo can produce great results.**

**However for those with more advanced thinning hair issues adding this product with the Organic Anti Oxidant Shampoo and Hair Growth Leave-In Conditioner will greatly enhance their effects.**

**Directions:** When using with the Scalp Booster, simply apply and massage, comb or brush to distribute.

It can also be used anytime to add more body and fullness to hair, just apply, massage and comb or brush.

**Ingredients:** Fermented Organic vegetable protein and berry extract, fresh spring water, Phospholipids, proprietary blend of bio-extracted sunflower, false daisy, rutaceae pilocarpus, Bladderwrack, grapeseed, red clover, beeswax, horseradish, quaking aspen tree bark, bio-extracted peppermint.

- **Provides added stimulation to the hair follicle for faster hair re-growth.**
- **Instantly adds thickness and body to your hair.**
- **Shortens the time involved in visible hair re-growth.**
- **On its own it will provide a natural stimulation to the hair follicle. For mild thinning hair, just using the Hair Follicle Stimulator with the shampoo can produce great results.**

However for those with more advanced thinning hair issues adding this product with the Organic Anti Oxidant Shampoo and Scalp Booster Leave-In Cream will greatly enhance their effects.

**If you're ready to get serious about halting hair loss, get the complete Hair Rescue Therapy System. System includes: 1-Antioxidant Shampoo**

- **2- HRT Scalp Booster Cream**
- **1 -HRT Follicle Stimulator**

**How Much Should I Use Of Each One?**

The HRT System should last about three to four weeks. Each System ships with the 8 oz shampoo, two 2 oz Scalp Boosters and one 1 oz Follicle Stimulators. All can be found on our website at [www.MySkinsFriend.com](http://www.MySkinsFriend.com).

**We recommend shampooing at least every other day and applying the Scalp Booster and Follicle Stimulator at least once a day, preferably before bed.** There is no limit to how much of each of these you can apply and the more often you do it or the longer keep either or both in contact with our scalp, the faster you'll see results.

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**Can I get automatic shipping of the HRT System every month?**

Yes. In fact, we recommend it and even offer a \$20.00 per System discount and provide FREE SHIPPING to help make sure your treatment regimen is uninterrupted. That saves you about \$26.00 a month. The AUTOSHIP subscription can be paused, changed or cancelled anytime simply by sending an email.

We are here to help you with your hair issues and we know that the more consistent you are with the treatment, the better the results.

For about the price of a cup of coffee or soda a day, you can enroll in a program to re-grow you hair without dangerous surgery, drugs or chemicals. Please contact us at [support@myskinsfriend.com](mailto:support@myskinsfriend.com) to request more information about the AUTOSHIP subscription.

**For more information, please visit our Hair Rescue Therapy page on our website at [MySkinsFriend.com](http://MySkinsFriend.com).**



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Organic Skin and Hair Care Products.  
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