



HOW TO GROW LONGER, STRONGER, HAIR



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INTRODUCTION

Thank you for downloading our “How To Grow Longer, Stronger Hair” Guide! This eBook contains a ton of tips and tricks that’ll help you master your hair! We took the time to discuss the many different obstacles and concerns you may have during your journey to healthier and stronger hair. We have four articles that talk about bleaching, frizz, hair growth and night time haircare. These articles touch on topics that are not often discussed when trying to achieve healthier hair. Many think that hair ‘just grows’ based on your genetics but there are a variety of outside factors that can affect your hair growth. Some of these factors are hair follicle damage, breakage and lack of proper nutrition.

In addition to these 4 articles, we have 12 amazingly simple and easy to follow hairstyles. These hairstyles are for all hair types. Please keep in mind that if you see a hairstyle on someone with straight hair and your hair is curly, you can still do that hairstyle (and vice-versa!). Excellent hair maintenance is keeping your hair looking it’s best without much heat, this is why our 4 heatless hairstyles are so important in helping to style hair without damaging it. These hairstyles are also great for those who need to protect their hair while they sleep!

Finally, our hair masks are the best kitchen recipes you will ever find for at home hair treatments! We chose simple but effective ingredients for your hair mask that you can find at your local grocery store. We truly hope you enjoy this guide on “How To Grow Longer Stronger Hair” and we look forward to sharing more tips and tricks with you in the future!

Stay Sweet,

SugarBear

HOW TO TREAT FRIZZY HAIR

Humidity, damage, health! They all impact your hair and can cause frizz! Regardless of what causes frizz for your hair, there are some simple ways to treat it! Understanding your frizz can help you tame it!



Humidity, damage, health! They all impact your hair and can cause frizz! Regardless of what causes frizz for your hair, there are some simple ways to treat it! Understanding your frizz can help you tame it!

The most common form of frizz comes in the form of fly-aways caused by breakage and damage! You can prevent further damage by using an oil to lock in moisture and protect your hair cuticle. Using jojoba or argan oils helps to nourish your strands without weighing them down. You can find jojoba and argan oil at your local health food store or online! Condition your hair regularly with a product that contains hydrolyzed proteins! Our favorites are hydrolyzed keratin, hydrolyzed silk protein and wheat proteins! These really do wonders for your hair! Our favorite protein is hydrolyzed keratin, be sure that hydrolyzed keratin is listed within the first four to five ingredients of your hair product! Always rinse conditioner out with cold water to seal everything in!

Another form of frizz is the kind caused by humidity! To tame frizz caused by humidity, be sure to steer clear of any products that contain humectants. Some common humectants are propylene glycol, glycerine and aloe vera, you will

find them in many of your favorite hair products so keep an eye out! Humectants attract moisture, causing your hair to lose its style even faster! To reduce the chance of frizz from humidity, use a smoothing serum instead to help lock out moisture!

Another way to treat frizz is to get a Brazilian blow out or keratin treatment! These treatments make an instant difference in your frizz levels, however be sure to choose a reputable salon that offers the formaldehyde free version! The keratin treatment can last anywhere from 2-4 months. Japanese straightening is also an effective way of fat-ironing it pin straight. This treatment reduces frizz while also giving more shine and luster to your hair. The only downside to Japanese straightening for some is that it is quite expensive.

Split ends can also cause the look of frizz. To reduce the look of frizz have your hair dusted every three to four weeks! What is dusting, you may ask? Dusting is only trimming less than a quarter inch of hair! The pieces of hair from dusting can be so small, they look like 'dust', hence the name. Your hair will look thicker and fuller overtime if you constantly remove your split ends. Regardless of what causes your frizz, you can now have flawless, frizz free hair!

HOW TO TAKE CARE OF BLEACHED HAIR

One of the most popular services in hair salons is the highlighting and lightening of hair! Trying to achieve the sun-kissed look with bleaching can damage your hair but we're here to give you some tips to give your shiny luscious hair, even when it's bleached.



Achieving the sun-kissed look with bleaching is probably the most popular hair service outside of traditional trims. Bleach in the hands of a hairstylist can either destroy or brighten your hair. Instead of warning you about the dangers of bleaching your hair (we know you'll ignore it), we're here to give you some tips on how to protect and save your highlighted or bleached hair from excessive damage.

Moisture! When you bleach your hair, you mess with your hair's ability to retain moisture. It's important to constantly keep your bleached hair moisturized. Leave-in creams, deep treatments, masks and light oils are essential for smooth tresses! Using a high quality conditioner and increasing the amount of time you leave the conditioner on your hair can help reduce the appearance of damage. By far, our favorite conditioning products contain hydrolyzed keratin, hydrolyzed silk protein or wheat protein within the first five ingredients! Using protein based hair products will help improve the vibrancy and shine of your hair!

We recommend minimizing the amount of heat applied to your hair once it is bleached! If your styling routine must include heat, always use a heat protectant! When using a blowdryer, try to use the coolest setting. For flat or curling irons, use the lowest heat setting possible to achieve the desired results. Hair masks can work miracles at restoring your hair's smooth texture! Make them at home using anything high in protein! You can use egg yolks, mayo, olive oil, banana, avocado, coconut oil or almond oil! We have 4 amazing hair mask at the end of the eBook that you can use for luscious locks at home. Simply rinse out the mask, condition again and voila! Beautiful nourished locks!

Lastly, to keep your color from taking on any brassy shades, use a purple toning shampoo! Purple is the opposite of yellow on the color wheel which is why it cools down any brassy tones! A good purple shampoo should be a very dark purple, never transparent! You can find high quality purple shampoos at your local beauty supply store or salon! Enjoy these simple tips on maintaining soft shiny bleached hair!

HOW TO PROTECT — YOUR HAIR — WHILE YOU SLEEP

There is a reason it's called beauty sleep! Sleep helps everything from your skin, muscles, mood and even your hair health! With that said, your hair is still suffering some damage from the tossing and turning while you are sleeping! Follow these simple tips to protect your hair from night time damage!



There is a reason it's called beauty sleep! Sleep helps everything from your skin, muscles, mood and even your hair health! With that said, your hair is still suffering some damage from the tossing and turning while you are sleeping! Follow these simple tips to protect your hair from night time damage!

To prepare your head before you sleep, brush out any tangles. Start from the ends of your hair and work your way up with a wide tooth comb or detangling brush. If you have dry ends, protect them with light moisturizing oils. Light oils such as argan oil, jojoba oil and macadamia oil help reduce morning frizz and protect your hair from damage!

Get rid of your cotton pillow! Cotton robs your hair of moisture while you sleep! Sleeping on a satin or silk pillowcase is gentler on your hair! These materials help reduce damage to your hair and also have an anti-aging effect for the skin!

There are a variety of hairstyles you could wear to sleep to help prevent tangles, tangled hair can rip and break easily, leading to broken frizzy hair. We recommend going to sleep with your hair in protective hairstyles. Examples of protective hairstyles are: a bun, twists, braids or pigtails. If you have loose waves or straight hair you can also 'wrap' your hair to wake up with straighter hair! To wrap your hair, simply brush all your hair to one side and begin to wrap it around your head until all your hair is flat on your head! Secure with bobby pins and wear a satin scarf to keep it all in place! If you don't want to bother with a hairstyle, you can also place a satin hair cap over your loose hair.

These simple tricks will definitely give your hair the added protection it needs to keep its strength and shine! Sweet dreams!

HOW TO GROW LONGER HAIR

Have you noticed a decrease in the fullness or length of your hair? There are a variety of reasons why your hair may be thinning or struggling to grow. Many of these reasons can be age-related, hormonal, dietary or a combination of all three. In order to address your hair growth, there are three areas of hair growth we need to target: environment, circulation and nourishment.



Have you noticed a decrease in the fullness or length of your hair? There are a variety of reasons why your hair may be thinning or struggling to grow. Many of these reasons can be age-related, hormonal, dietary or a combination of all three. In order to address your hair growth, there are three areas of hair growth we need to target: environment, circulation and nourishment.

Environment:

For healthy hair to grow, it's important that you have a healthy scalp. Dandruff, drying hair products and harsh chemicals can all affect the scalp. There are different kinds of dandruff, fungal dandruff being the hardest to get rid of. Dandruff can infect the hair follicle leading to hair loss and hair breakage. You can find many natural remedies and over the counter products for dandruff. Use hair products that contain salicylic acid, tea tree oil, tar or antifungal ingredients. Be sure that you are treating the cause, not just the dandruff itself so you can stop it at its source!

Harsh chemical treatments can also lead to hair follicle damage. Examples of treatments are bleaching, hair coloring and relaxers to name a few. Some of these treatments can throw off the natural balance of the scalp, which can lead to dandruff as well. It's important that you use high quality hair prod-

ucts to offset the harmful effects of some of these treatments. Avoid letting these treatments touch your scalp and only work with professional hairstylists who are experts in the treatment you are receiving.

Hair is most fragile while wet, therefore it's important to handle it with more care. To avoid unnecessary breakage, do not brush your hair while it's soaking wet. Brush before you shampoo or wait until it is mostly dry. Use a cotton t-shirt to dry off your hair instead of a towel. Cotton t-shirts are much gentler and help prevent tangles. Add organic oil to your ends and let your hair dry naturally instead of using heat, like blowdrying. At night, put your hair in a protective style like a braid, twists, bun or pigtales.

Circulation:

We recommend regular scalp massages to increase blood circulation and nourishment to your hair follicles! Scalp massages will also aid in a healthier balanced environment for hair to grow. Before you shower, massage your scalp with an organic oil. You can use coconut oil, argan oil or jojoba oil! Take a teaspoon of your favorite oil and spend 5 minutes massaging your scalp. Be sure to work slowly and avoid pulling your hair. Once you've completed your scalp massage, shampoo the oil out with a sulfate free shampoo. You can even add rosemary

or peppermint to your shampoo to increase circulation! This At-Home Spa treatment is an amazing way to achieve longer, stronger hair!

Nourishment:

Having healthy hair is a sign of excellent internal health. Give your body a variety of vitamins and minerals by maintaining a diet of lean proteins, fruits, vegetables and nuts! It's important to avoid crash dieting or starving yourself as this can lead to hair loss. When your body does not receive enough nutrients, it goes into 'conservation mode' and focuses on maintaining the health of your body, not your hair.

Drinking enough water is also essential to cell growth! Your body is primarily 80% water and without enough of it, your hair's natural growth cycle can slow down. Try to drink 8 - 10 cups of water a day. If you don't enjoy drinking water, you can still hydrate using fruit infused water, tea or other beverages.

Your overall health can affect how your hair grows. To get the best rewards when growing your hair, have regular check ups with your healthcare professional to address any underlying problems such as a thyroid disorders or hormonal imbalances. So there you have it, our best tips to get long Rapunzel like hair!

HAIR TOOL TIPS

WIDE TOOTH COMB



Use a wide tooth comb to detangle your hair. Proper detangling starts from your ends, slowly working your way up. Never detangle from the top down. Wooden combs are better for your hair as they produce less static. They help to distribute your hair's natural oils and can last a lifetime if properly taken care of.

LONG TAIL COMB



Long tail combs are amazing tools when styling your hair. They provide a perfect part when trying to nail a flawless hairstyle. Long tail combs also have fine teeth that can find even the tightest knots to detangle. We recommend detangling with a wide tooth comb and then using a long tail comb on stubborn tangled spots.

WOODEN BRUSH WITH WOODEN BRISTLES



Wooden brushes with wooden bristles are effective detanglers as they are gentle yet durable. These bristles are great at distributing your hair's natural oils and make an excellent scalp massage tool. When shopping for brushes, avoid bristles with balls on the end as these tend to rip and snag the hair.

HIGH POWERED SMALL BLOW DRYER



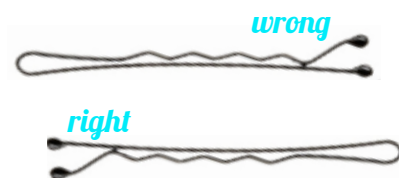
One of our favorite tips is to use a travel size blow dryer as your main blow dryer. Many who attempt to use traditional blowdryers at home struggle to get the perfect blowout. Why? Because the blow dryer is too heavy and too large. A smaller, high powered blow dryer will allow you to twist the blowdryer at the angles you need without discomfort. They also pack easily and can be taken anywhere!

SPIRAL HAIR PINS



Spiral Hair Pins Spiral hair pins are excellent hair tools for those who enjoy wearing buns. What we like about spiral hair pins is that they don't leave an indent in the hair like traditional bobby pins do. The pins, once spiraled in, are easy to hide and easy to wear.

BOBBY PINS



There are a variety of different kinds of bobby pins. The one shown here is very popular, unfortunately, many place them incorrectly. Be sure when using your bobby pins that you keep the flat side of the bobby pin up, facing away from the scalp.



Quick

— HAIR STYLES —

QUICK STYLE

All Hair Types

1/4

BRAIDED HALF BUN



TOOLS:

HAIR PRODUCTS:

TIME ESTIMATE:



HAIR BRUSH



BOBBY PINS



ELASTIC HAIR BANDS

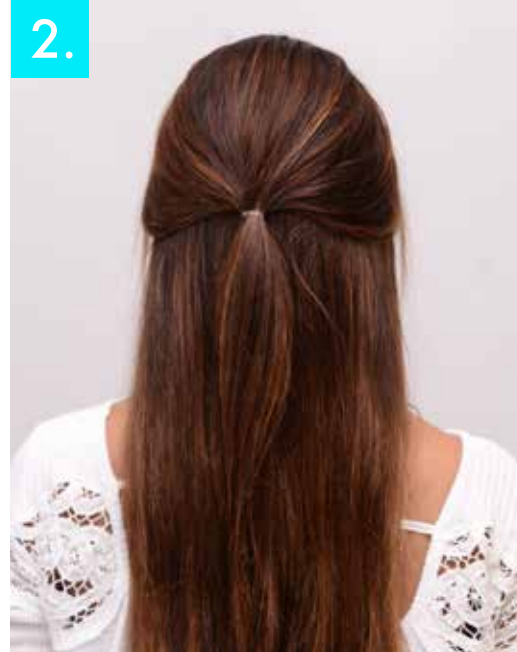
- HAIR SERUM
- HAIRSPRAY (OPTIONAL)

5 MINUTES



1.

Start with clean and brushed hair. Use a serum to control any frizz.



2.

Tie half of your hair in a loose ponytail.



3.

Braid your ponytail and tie the end with a hair band.



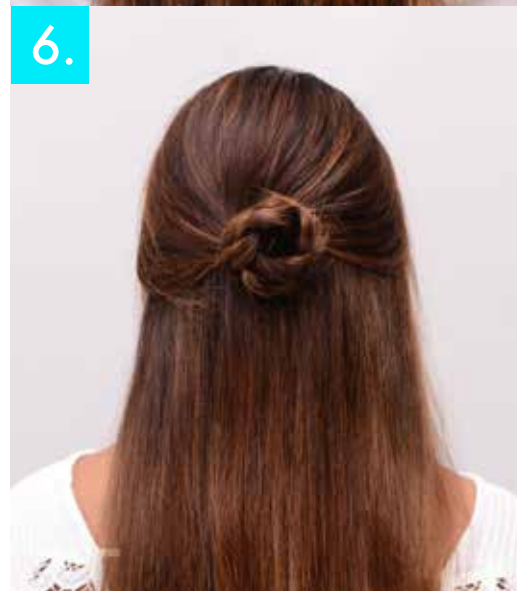
4.

Using both hands, pull on the sides of the braid to loosen and create volume.



5.

Wrap the braid around like a bun and secure with a bobby pin.



6.

This hairstyle is great for days when you want to look put together but you are short on time!

HAIR TIP: For a better hold, spray your bobby pins with dry shampoo or hairspray before using them.

QUICK STYLE | *All Hair Types* | 2/4

PRINCESS HALO



TOOLS:

HAIR PRODUCTS:

TIME ESTIMATE:



HAIR BRUSH



BOBBY PINS



ELASTIC HAIR BANDS

• HAIRSPRAY (OPTIONAL)

5 MINUTES



1. Grab a section of your hair from the back of your head, leaving your front strands loose.



2. Tease it with a brush to create volume underneath.



3. Twist the section of hair and push up for even more volume.



4. Pin the section with three to four bobby pins creating a twisted ponytail.



5. Separate your front strands and split into two sections, parting down the middle.

HAIR TIP:

For brighter, softer, shinier hair, use a shower filter. The water you wash your hair with may contain chlorine, minerals, even rust from old pipes. All these things can enter the cuticle of your hair and make it dull, dry and frizzy. To minimize discoloration install a shower filter in your shower.

6.



Braid one of the sections all the way to the end.

7.



Tie the braid with an elastic band.

8.



Braid the section on the other side. Now you have two braids.

9.



Pull the two braids back and wrap around the ponytail to hide the bobby pins.

10.



Now you have an elegant princess hairstyle in less than 10 minutes!

HAIR TIP: Spray a toothbrush with a hairspray and use it to tame fly-aways. You don't always necessarily want to spray your entire head of hair to tame a couple of fly-aways! To combat those little hairs that won't stay put, keep an old toothbrush handy and spray it with hairspray to easily target your fly-aways without stiffening your entire style.

QUICK STYLE | All Hair Types | 3/4

TRIPLE TWIST



TOOLS:



COMB



BOBBY PINS

HAIR PRODUCTS:

FOR HAIR THAT IS: DRY/FRIZZY PLEASE USE: CREAM

FOR HAIR THAT IS: OILY PLEASE USE: MOUSSE

TIME ESTIMATE:

5 MINUTES

1.



This style is great for loose or twisted hair - start with the one you prefer.

2.



Part a piece of your hair on one side into three sections. Use the recommend product for your hair type to ensure a long lasting hold.

3.



Take the section above your ear and start twisting upwards. Twist to the end.

4.



Take the second section above the first and repeat the twist.

5.



Grab the last section and twist downwards in the opposite direction of the other twists.

6.



Pin the last twist across the other twists to secure in place. Enjoy this quick easy style!

HAIR TIP: Spray your hairbrush with a little bit of perfume to give your locks a light but lovely scent.

QUICK STYLE | All Hair Types | 4/4

BRAIDED HEADBAND



TOOLS:

HAIR PRODUCTS:

TIME ESTIMATE:



ELASTIC HAIR BANDS



BOBBY PINS

• HAIRSPRAY (OPTIONAL)

5 MINUTES

1.



Start with freshly washed and brushed hair. Part your hair from ear to ear.

2.



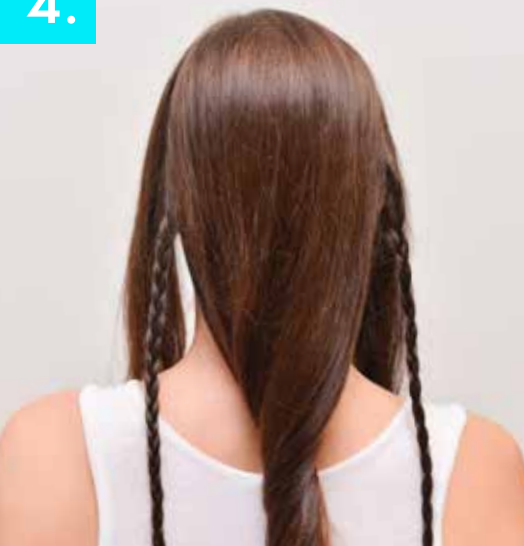
Grab a one inch section behind the ear.

3.



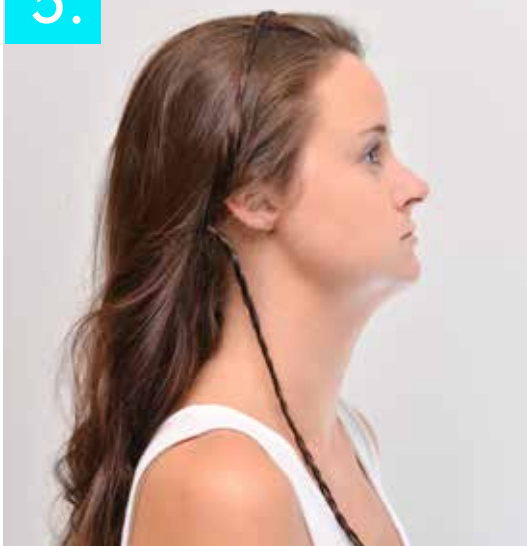
Braid the section and secure with a hair band.

4.



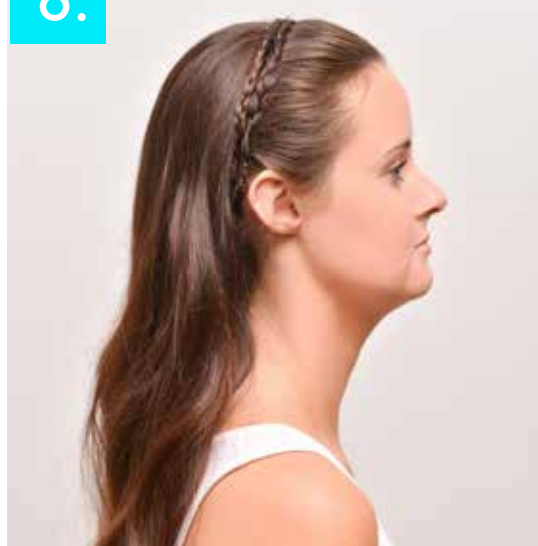
Repeat on the other side creating twin braids behind the ear.

5.



Brush all of your hair back. Take one of the braids and pull across to the opposite side. Secure it with a bobby pin.

6.



Take the other braid and pull it across to the opposite side. Secure it with a bobby pin.

7.



This is a simple, yet fun style to wear your hair down and out of your face!

HAIR TIP:

To help keep long strands in shape, apply aloe vera directly to your scalp or add it to your usual shampoo.

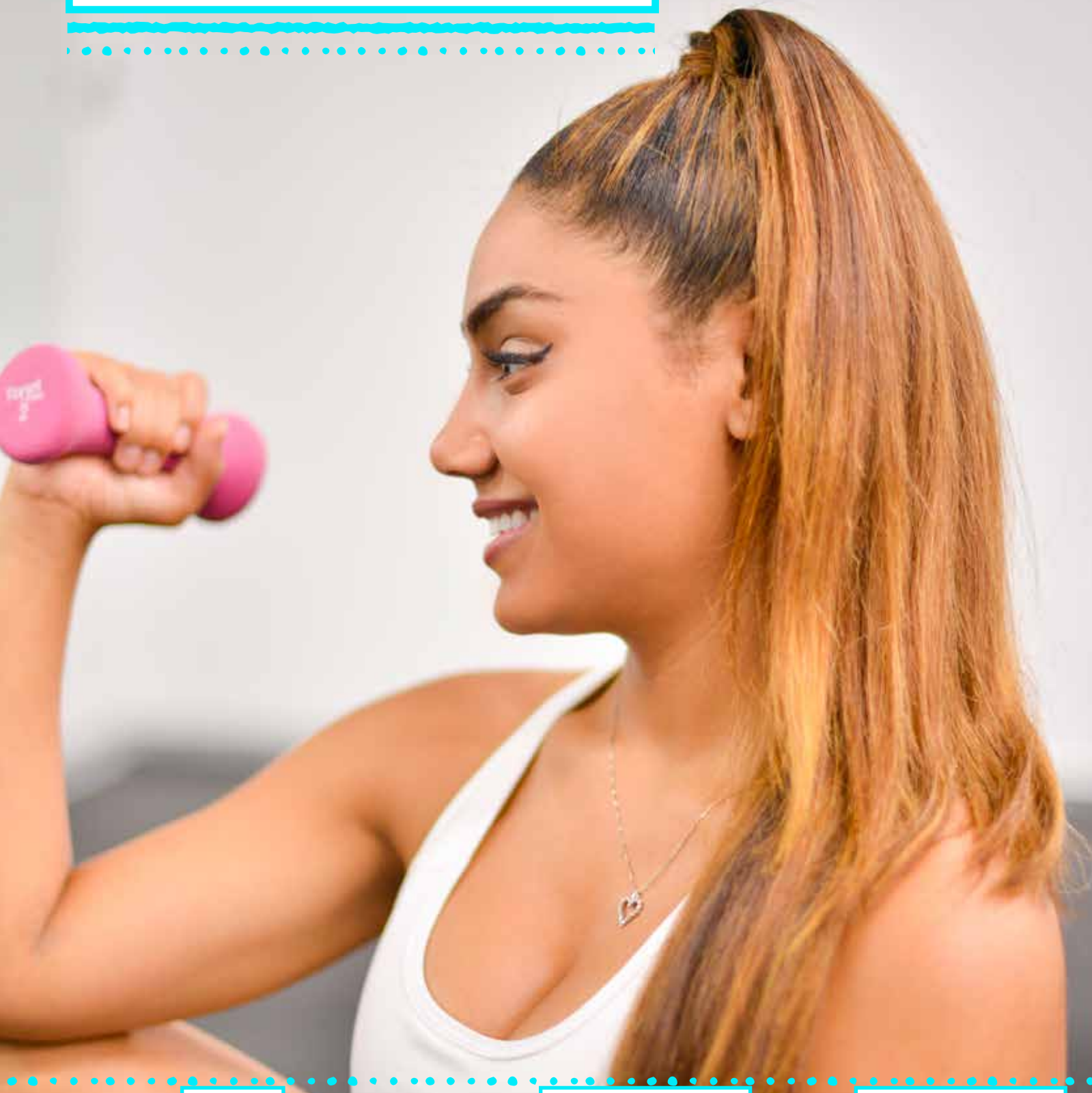



Updo
— HAIR STYLES —



UPDO STYLE | *All Hair Types* | 1/4

EXTRA LONG PONYTAIL



TOOLS:

HAIR PRODUCTS:

TIME ESTIMATE:



ELASTIC HAIR BANDS



HAIR BRUSH

• CREAM/SERUM (OPTIONAL)

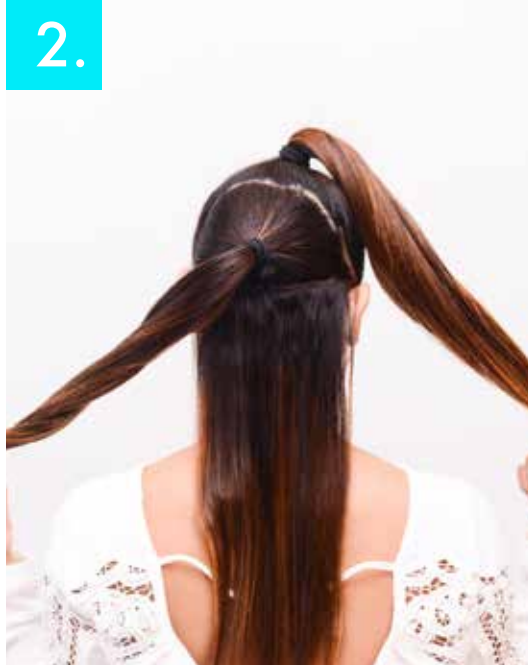
10 MINUTES

1.



Part your hair from ear to ear and place the front half into a tight ponytail.

2.



Create another section and place into a ponytail (for thinner hair, you may skip step three).

3.



Tie the last portion into a third ponytail (if your hair is fine, you only need two ponytails).

4.



Wrap a small portion of your hair around the ponytail to cover the hair band.

5.



Brush ponytails to blend them together and fan out the top.

6.



Use two bobby pins to pin the sides to cover the ponytails underneath.

7.



This hairstyle is great for keeping your hair out of your face without losing any length!

HAIR TIP:

To get the full benefits of your hair products, apply them 10 minutes before you style to let them fully absorb into your strands.

UPDO STYLE

All Hair Types

2/4

TWISTED UPDO



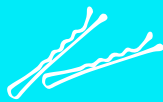
TOOLS:

HAIR PRODUCTS:

TIME ESTIMATE:



ELASTIC HAIR BANDS



BOBBY PINS

• HAIRSPRAY (OPTIONAL)

10 MINUTES

1.



Separate your bangs from the rest of your hair. If you don't have bangs, you may skip this step.

2.



Grab a three inch section from the crown of your head and braid to one side. Secure with a hair band.

3.



Grab your new braid and pull up half your hair into a ponytail.

4.



Holding the ponytail, create a hole above the hair band for the rest of the ponytail to slide through.

5.



Take your hair and continually wrap it through the hole, creating loops.

6.



Continue until all hair is nicely tucked in. You can secure with bobby pins. This is a classy yet simple style!

HAIR TIP:

For added shine and to protect your hair from heat damage, use the coolest setting on your blow dryer. Be sure to use a heat protectant spray.

UPDO STYLE

All Hair Types

3/4

CHIC SIDE BUN



TOOLS:



BOBBY PINS

HAIR PRODUCTS:

• HAIRSPRAY (OPTIONAL)

TIME ESTIMATE:

10 MINUTES

1.



Start by twisting your hair away from your face.

2.



Take your twisted hair on one side and begin to roll it towards your nape.

3.



Slowly grab more hair as you twist towards the back of your head.

4.



Take four to five bobby pins and secure the twist tightly.

5.



It should look like a side ponytail.

6.



On the other side, fluff up your front bangs for added volume. Bring the front bangs around to your ponytail and pin them tightly.

7.



Twist the ponytail together into a bun and voila! Sophisticated yet simple updo!

HAIR TIP: Sleep on a satin or silk pillow case. It reduces bed head, split ends, and doesn't rob your hair of moisture like cotton.

UPDO STYLE

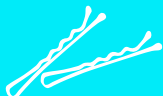
All Hair Types

4/4

MESSY BUN



TOOLS:



BOBBY PINS

HAIR PRODUCTS:

• HAIRSPRAY (OPTIONAL)

TIME ESTIMATE:

10 MINUTES

1.



Start with a day old hair as it works best and place into a high ponytail.

2.



Begin to twist the ponytail around as much as possible.

3.



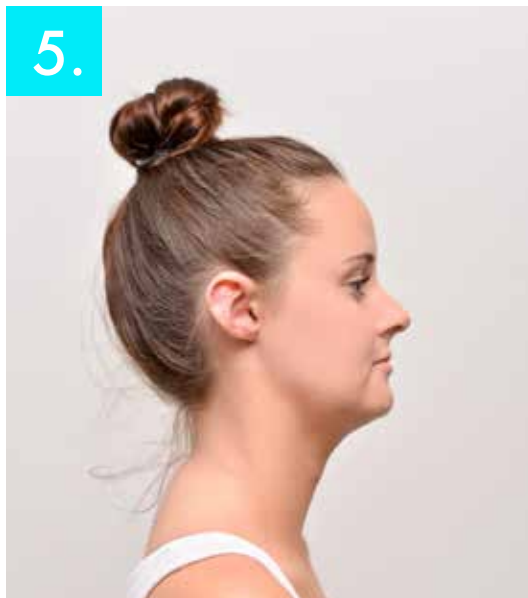
Wrap your twisted ponytail around itself.

4.



Continue wrapping until the end is tucked into a bun.

5.



Secure with another hair tie.

6.



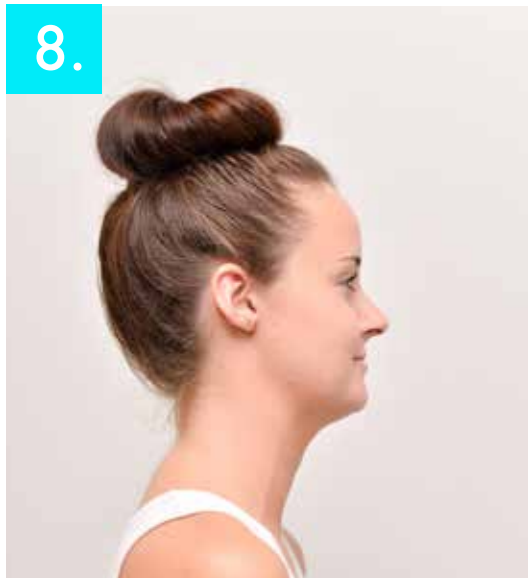
Using your fingers, start to pull the hair in the bun to add volume and create a looser bun.

7.



Tuck in any stray pieces and secure with a bobby pin if needed.

8.



Now you have a cute and simple messy bun that you can rock anytime!

HAIR TIP:

Replace your bobby pins with spin pins for a quicker and easier bun that lasts all day.



Heatless

— HAIR STYLES —

HEATLESS STYLE | All Hair Types | 1/4

BEACH WAVES



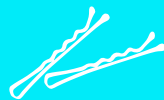
TOOLS:

HAIR PRODUCTS:

TIME ESTIMATE:



ELASTIC HAIR BANDS



BOBBY PINS

FOR HAIR THAT IS: DRY/FRIZZY PLEASE USE: CREAM

FOR HAIR THAT IS: OILY PLEASE USE: MOUSSE

10 HOURS

1.



Start with slightly damp hair (you can spray it with a bit of water if it's dry).

2.



Work in a bit of styling product. If your hair tends to frizz, add a tiny bit of cream. If your hair is more oily, use mousse.

3.



Place your hair in a high ponytail.

4.



Twist your ponytail as tight as you can.

5.



Wrap the twist into a bun.

6.



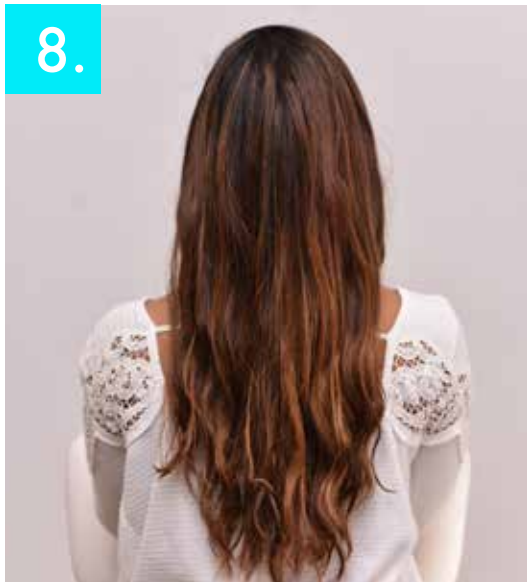
Secure with a bobby pin. Leave overnight for 9 to 10 hours.

7.



Remove the bobby pins and release your hair and shake it out.

8.



This style is great for natural, sexy, heatless curls! Effortless too!

HAIR TIP:

To avoid hair breakage, never brush your hair while soaking wet and use a wide tooth comb!

HEATLESS STYLE | All Hair Types | 2/4

BUBBLE PONYTAIL



TOOLS:



TEASING BRUSH



ELASTIC HAIR BANDS

HAIR PRODUCTS:

• HAIRSPRAY (OPTIONAL)

TIME ESTIMATE:

10 MINUTES

1.



Pull your hair up into a high ponytail. Secure with an elastic hair tie.

2.



Wrap a small piece of your hair around your ponytail to cover your hair tie.

3.



Softly tease your ponytail with a brush or comb.

4.



About two to three inches down, tie another hair tie and pull on the bubble to make it stand out more.

5.



Wrap a small piece of your hair around your ponytail to cover your second hair tie.

6.



Create another bubble about two to three inches down, tie another hair tie and pull on the bubble to make it stand out more.

7.



Wrap another small piece of your hair around your ponytail to cover your second hair tie.

8.



Repeat the bubbles until you reach the end of your hair! This is a super cute change from a normal ponytail!

HAIR TIP:

To reduce frizz and damage, dry your hair with a T-shirt instead of a towel.

HEATLESS STYLE | All Hair Types | 3/4

TWISTED CURLS



TOOLS:



ELASTIC HAIR BANDS

HAIR PRODUCTS:

FOR HAIR THAT IS: DRY/FRIZZY PLEASE USE: CREAM

FOR HAIR THAT IS: OILY PLEASE USE: MOUSSE

TIME ESTIMATE:

16 HOURS

1.



Start with slightly damp hair and add a tiny bit of product for your hair type.

2.



Part hair in half up, half down and separate the top into two ponytails.

3.



Grab one inch sections of hair, separate into two strands. Twist the strands around each other to create a rope twist.

4.



Complete the rope twists by twisting the rest of your hair.

5.



Once all of your hair is twisted, allow hair to dry for 10-16 hours.

6.



Begin taking out your rope twists one by one.

7.



Do this slowly, so you do not break any of the curls.

8.



You can do this style with all hair types to create manageable twisted curls!

HAIR TIP:

Every time you shampoo, massage your scalp for at least 1 minute to stimulate hair growth and enhance the strength of your roots.

HEATLESS STYLE | All Hair Types | 4/4

LOOSE CURLS



TOOLS:



ELASTIC HAIR BANDS

HAIR PRODUCTS:

FOR HAIR THAT IS: DRY/FRIZZY PLEASE USE: CREAM

FOR HAIR THAT IS: OILY PLEASE USE: MOUSSE

TIME ESTIMATE:

10 HOURS

1.



Start with slightly damp hair and part hair into two.

2.



Split one side into two sections and twist one around the other to create a twist braid.

3.



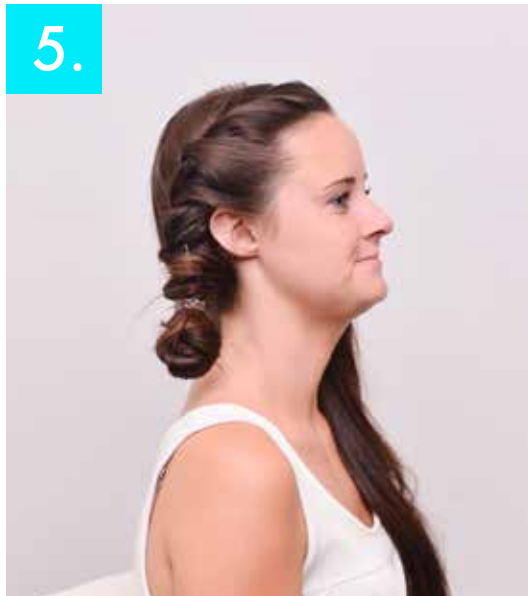
Continue to twist one over the other, grabbing more hair each time. Twist tightly against your scalp.

4.



Do this to the end of your hair until you have a twist braid.

5.



Take the twist and twirl it into a tight bun, securing it with a hair band.

6.



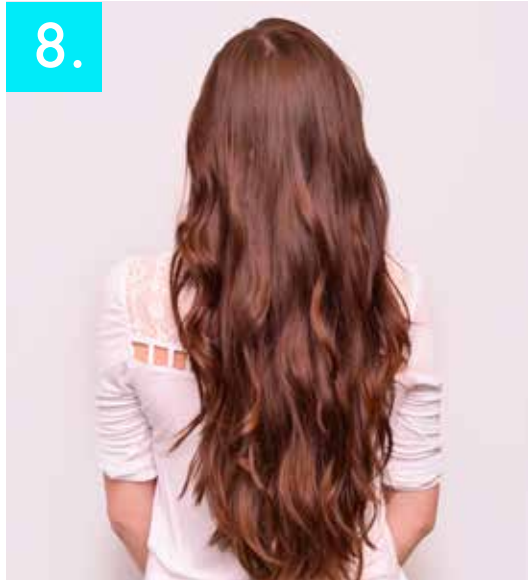
Repeat on the other side. Secure the end with an elastic hair band.

7.



Secure the twist braid into a bun. Allow hair to dry for 8-10 hours.

8.



Let your hair down and loosen with your fingers for a wavy heatless look!

HAIR TIP:

Brush your hair before you shower to prevent tangles and clogged drains.



Hair Masks





Deep Conditioning Treatment

This deep conditioning treatment will make your hair feel softer than butter and shine brighter than summer!

INGREDIENTS:

1 avocado
1/2 cup of coconut oil
1/4 tablespoon of olive oil

TOOLS:

Blender
Medium size bowl

DIRECTIONS:

1. Place avocado, coconut oil and olive oil into blender
2. Blend until completely mixed
3. Place mixture into freezer for 10 minutes
4. Apply mixture to hair leave on hair for 1 hour
5. Wash hair as you normally would and ENJOY!





Hair Growth Serum

Rub this hair serum into your scalp and hair every other night for 4 weeks for faster hair growth and baby soft hair!

INGREDIENTS:

4 green tea bags
3 aloe vera leaves
1/2 cups of water
1/4 tsp of cinnamon

TOOLS:

Medium sized bowl
Blender
Funnel
Spray bottle

DIRECTIONS:

1. Place tea bags in a bowl of hot water for 10 minutes
2. Take aloe vera leaves, cut sides & top of leaf to extract aloe vera gel
3. Put tea, aloe vera gel and cinnamon in a blender & blend until completely mixed
4. Use funnel to pour mixture into spray bottle
5. Spray on hair starting at the roots working your way down
6. Massage into scalp for two minutes
7. If being used as a shampoo leave on for 5 minutes, if being used as a rinse leave on for 10 minutes, if being used as a hair mask leave on for 15 minutes
8. Rinse after specified time and ENJOY!





Smoothing De-frizz Treatment

A natural and effective hair smoothing treatment! Treat your hair with this delicious cream every other night for straighter shinier hair!

INGREDIENTS:

1 can of coconut milk
1/4 tablespoon of lemon juice

TOOLS:

Mason jar or medium size bowl
Spoon

DIRECTIONS:

1. Pour coconut milk into bowl and add lemon juice into bowl
2. Stir until completely mixed
3. Place in refrigerator for 4 hours
4. Once refrigerated a thick creamy layer will be produced on the top of the mixture
5. Take that thick cream and place on hair; leave mask on hair for 15 minutes
6. Wash when ready and enjoy your smoother straighter hair!





Natural Hair Lightening Treatment

Bring out natural highlights in your hair with this simple and effective hair lightening treatment!

INGREDIENTS:

1/4 cup of raw honey
1/4 cup of olive oil
Half of a banana

TOOLS:

Mason jar
Blender

DIRECTIONS:

1. Add raw honey, olive oil and banana into blender
2. Blend until completely smooth
3. Put mixture into mason jar
4. Let mixture sit in mason jar for 15 minutes
5. Put mixture onto hair and let that sit for 30-40 minutes
6. Wash hair as you normally would and ENJOY!





EAT THIS! FOODS TO EAT FOR HEALTHY HAIR

The secret to longer, stronger, shiny strands isn't an expensive shampoo or fancy salon treatment—it's all about your diet! If you've been struggling with slow hair growth, hair breakage and excessive hair shedding, it may be time to review the foods you eat on a daily basis. Eating a variety of healthy foods will give you the hair you've always dreamed of. Fill up on these nutrients to begin growing your healthiest hair ever.

VITAMINS THAT PROMOTE HEALTHY HAIR

Vitamin A deficiency can lead to dry hair which can contribute to hair loss. Vitamin A stimulates the hair follicles and helps the scalp to produce sebum, which keeps the scalp and hair hydrated.

Vitamin B6 while nutritional deficiencies may lead to hair loss, some studies indicate that supplementation with vitamin B-6 promotes hair growth, even if it's not caused by a deficiency according to a study published by Archives of Dermatological Research.

Vitamin B12 is one of the most important vitamins for our hair and a deficiency can result in hair loss and premature graying. A surprising number of people are deficient in B12. Including enough vitamin C and iron in your diet will help you body absorb more B12.

Vitamin C prevents hair loss as well as premature graying, dryness, and brittle hair. If you're not getting enough vitamin C from your diet, you should take a supplement to make sure you're getting enough.

Vitamin D is beneficial for the whole body and this includes the scalp and hair. Also, vitamin D is necessary in order for the body to absorb calcium, which is essential for healthy follicles.

Vitamin E helps to prevent and reverse hair loss thank to its ability to grow new blood vessels and increase circulation to the scalp. Topical vitamin E applied to the scalp may also help to regrow hair.

Folic Acid is beneficial for healthy hair growth. A study performed by the Ontario Veterinary College at the University of Guelph in Canada, states that folic acid seems effective in treating alopecia, or hair loss.

Vitamin H (Biotin) is an essential water-soluble B vitamin that promotes healthy hair growth and protects against dryness. It also works to increase the elasticity of the hair's cortex, thus preventing breakage.

FOOD SOURCES FOR HAIR NOURISHING VITAMINS

Vitamin A (Palmitate)

1. Sweet Potatoes
2. Carrots
3. Dark Leafy Greens
4. Winter Squashes
5. Tropical fruits

Vitamin B6

1. Chickpeas
2. Beef Liver
3. Tuna
4. Salmon
5. Chicken Breasts

Vitamin B12

1. Shellfish (clams, oysters, mussels)
2. Liver (Beef Liver, Liverwurst, Pate)
3. Fish (Mackerel, Salmon, Tuna)
4. Crustaceans (Crab, Crayfish, Shrimp)
5. Soy (Tofu)

Vitamin C (ascorbic acid)

1. Bell peppers
2. Guavas
3. Dark Leafy Greens
4. Kiwifruit (Green)
5. Broccoli

Vitamin D3

1. Cod Liver Oil
2. Tuna
3. Sardines
4. Dairy (Milky, yogurt, cheese)
5. Beef

Vitamin E

1. Swordfish
2. Herring
3. Salmon
4. Wheat Germ
5. Sunflowers

Folic Acid

1. Dark leafy greens
2. Asparagus
3. Broccoli
4. Citrus fruits
5. Legumes (Beans, Peas, Lentils)

Vitamin H (Biotin)

1. Egg Yolk
2. Liver
3. Peanuts
4. Yeast

It can be quite expensive and time consuming to maintain a diet that contains all of the above foods. A healthy hair diet can be difficult, especially if you're a picky eater. We recommend trying hair vitamins that contain hair nourishing ingredients. We designed a hair vitamin that contains Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin B-6, Folic Acid, Vitamin B-12, Biotin, Pantothenic Acid, Iodine, Zinc, Choline and Inositol. Our hair nourishing vitamin are easy to use, vegetarian and delicious. Vitamins and minerals are the key to healthier, shinier hair. Whether you get your vitamins from food sources or hair vitamins, consuming the above nutrients daily are bound to give you shinier, longer hair.

THE SWEETER WAY TO LONGER STRONGER HAIR

Delicious easy to use formula.



NO HORMONES: will only improve the hair that grows on your head.

98% of users saw an improvement in their hair within 3 months.

- ✓ Gluten Free
- ✓ Soy Free
- ✓ Cruelty Free



Vegetarian Hair Vitamin

Learn more at www.SugarBearHair.com