

Dr. HAIR GROWTH LOTION

HOW TO USE HAIR OIL:

- ❖ Head must be shaved before start using the oil. After that every month should shave/trim your hair.
- ❖ After bathing in the morning, shake the white color oil well for 1 minute and apply it like coconut oil. After applying Hair Oil, massage with the given roller for 15 minutes in all 4 Directions (x, +) slowly.
- ❖ After massaging with the roller, take a little bit of white oil again and massage it gently on the head by hand. The roller does not need to be reused.
- ❖ In the same way, apply red colour oil at bedtime as in the morning and massage gently with a roller.
- ❖ Important Note: The roller should be used slowly. Do not put too much pressure and also roll roughly . If you do it rough, the delicate layer on the head will be damaged, and it results, small bruises (like sores), swollen eyes, and headache. If you do rolling roughly and slowly the result will be delayed.
- ❖ Do not headbath every day. Do headbath weekly once or twice. Use shampoo weekly only once.
- ❖ Do not bath with hot water and not use shower as well.
- ❖ Do not use chemical shampoos. Use Natural Shampoos, Baby Shampoo, Ayurveda (Aloevera, Shikakaya) shampoos.
- ❖ Do not use Shampoo directly, pour a little bit of Shampoo in mug of water and stir it. Use that foam of the shampoo for headbath, which gives good results without hair loss.
- ❖ If you want to apply any oil, after applying the hair oil, you can apply the oil after 1 hour or in the evening time (Amla, Castor, Bringaraj).
- ❖ There are no side effects of Dr.Hair Growth Lotion.

DIET and PRECAUTIONS

- ❖ Sprouts , Dry fruits (Almonds, Raisins) should be soaked in water at night and taken in the morning. Only egg white should be eaten .
- ❖ Carrot, Cucumber and Beetroot should be taken daily as either raw or in the form of juice. Make sure that leafy vegetables should be taken atleast weekly once.
- ❖ Take Pomegranate , Sapota, Papaya and Guava fruits regularly.
- ❖ **Take Drumstick leaves and curry leaves juice before breakfast, Carrot and Beetroot juice in the afternoon and drink Mint, Cilantro, Basil leaf juice in the evening every day.**
- ❖ **Take watermelon and pumpkin seeds regularly.**
- ❖ Drink 3,4 liters of water daily. Take coconut water once a week and buttermilk daily.
- ❖ Non veg should be reduced as much as possible. Avoid chicken completely, intake of chicken increases the body heat and increases the risk of hair fall. Intake of Fish and Mutton better.
- ❖ Alcohol, smoking, gutka habits should be avoided. These also cause excessive hair loss.
- ❖ Maintain to be free of constipation and gastric problems.
- ❖ Maintain sufficient sleep and try to be stress-free.
- ❖ Mix Curry leaves powder, Curd together and add a little water and Amla powder and apply weekly once as a hair pack.
- ❖ Take Amla powder in a small bowl, mix it with little water, make it like a paste and apply it on the scalp. After 1 hour, take bath with normal water without shampoo, repeat this weekly once.
- ❖ Add 200gm of Coconut oil, 10gm of Fenugreek seeds , 1 cup of Curry leaves , 1 leaf of Aloe vera, 50gm of dried Amla , and Red Hibiscus flowers and leaves and mix it well. Boil it until the 100gm of oil comes out, filter the oil into a glass bottle and massage it once in 3 days.
- ❖ Mix soaked Fenugreek, Curry leaves, Neem leaves, Lemon juice, 1 cup of Curd, Hibiscus Flower and leaves, Onion, Aloe vera and add 2 tablespoons oil to the mixture, apply it weekly once. Take a bath with shampoo (Ayurveda) after 1 hour.
- ❖ **Needs to maintain the Diet & Precautions even after stop using the Hair Oil. Otherwise, there is a chance of Hair Fall.**

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Cell : 9299556789