

3rd month of coaching

GOOD HABITS

STRONG HAIR

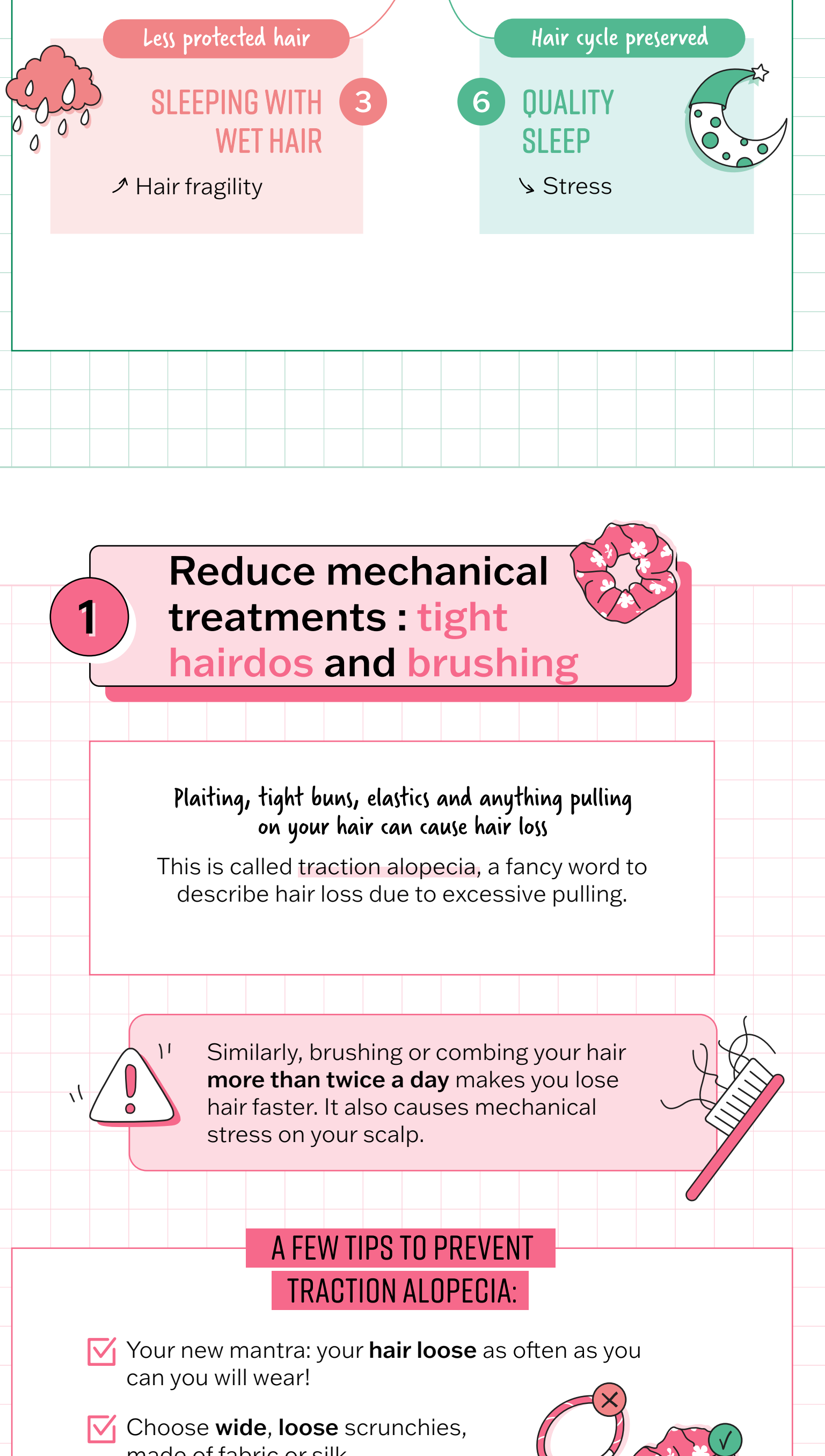
Get (back) into good habits to strengthen your hair

TO BE LIMITED

Practices that weaken your hair

TO BE INTEGRATED

Good habits to protect your hair



A FEW TIPS TO PREVENT TRACTION ALOPECIA:

- ✓ Your new mantra: your **hair loose** as often as you can you will wear!
- ✓ Choose **wide, loose** scrunchies, made of fabric or silk.

If you are not a fan of these fabric alternatives, you can also replace elastics with **wide claw clips**.

- ✓ During brushing, always start with the **ends** and **go up to the roots**. Brush hair **BEFORE** shampooing to avoid detangling afterwards
- ✓ Remember to clean your brush at least **once a week**.

IS IT BETTER TO BRUSH YOUR HAIR WHEN **WET OR DRY**?

Contrary to popular belief, it would seem brushing your hair when dry is more beneficial for your hair. This finding comes from experience rather than scientific evidence, however there is no harm in trying!

Practical tip
Comb or brush?

The best choice to prevent hair loss is definitely a brush, but not just any brush!
Choose one: with wide teeth, flexible pins and round.

2 Avoid chemical treatments and thermal treatments

Blow dry your hair using cold, or warm air rather than very hot air.

Cut down on curling and straightening treatments as well as hair straighteners.

Try restricting their use to weekends and special occasions.

Do not overuse, products such as hairsprays, styling sprays and hair gel.

If possible, keep your natural hair colour. If you nevertheless choose to colour your hair, use an ammonia-free and preferably plant-based hair dye.

Practical tip
Cold drying

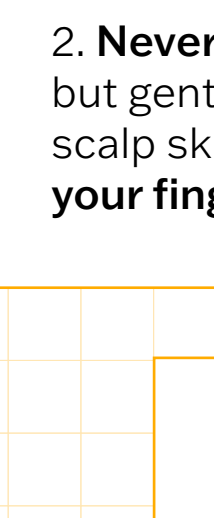
Air drying is not necessarily best for your hair, as humidity will make it swell, making it more prone to breakage. It is best to leave your hair air dry for 10 minutes, and then to blow dry it using cold air, holding the dryer 15 cm (6 inches) from your hair until it is completely dry.

3 Get rid of this bad habit: going to bed with wet hair

During the night, your hair suffers from constant friction against your pillowcase, increasing hair loss.

Going to bed with wet hair worsens this phenomenon.

HERE ARE A FEW SIMPLE TIPS TO REDUCE NIGHTTIME BREAKAGE:



Try and **change your habits** to wash your hair before you eat rather than before you go to bed.



After washing your hair, use a clean towel to **absorb excess water without rubbing**. Then **blow dry** using cold or warm air.



Sleep on a **satin or silk** pillowcase to prevent hair breakage.

Practical tip
Tie your hair up!

In order to protect hair from friction during the night, you can use a fabric or silk scrunchy to tie your hair into a low ponytail.

An alternative coming straight from Algeria: the **Kardoun**. It is a long, narrow ribbon made of fabric which can be wrapped around the hair at night to reduce friction!

4 Daily self-massage

Just like the face, massaging your scalp has proven to be beneficial.

Benefits include thicker, faster-growing hair.

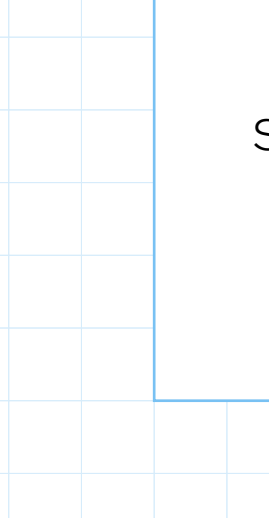
HERE ARE THE 3 FUNDAMENTAL PRINCIPLES TO FOLLOW IN ORDER TO ENJOY THE BENEFITS:

1. The massage must last at least **5 min.**

2. **Never rub** the scalp but gently move the scalp skin with the **tip of your fingers**.

3. Always massage in the **direction of blood flow**, i.e. from the back of your neck to your forehead.

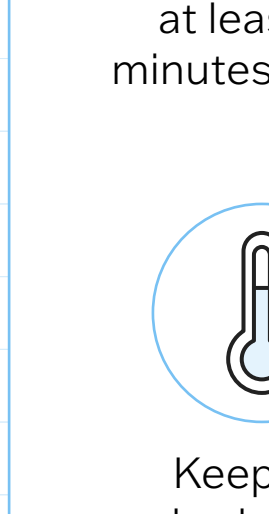
Example of a 5-minute self-massage:



1 Rub your hands together to warm them up, and then place your palms flat on the base of your skull. Execute movements until you reach your forehead. (2 minutes)



2 Place one hand on your forehead. Using the other hand, press each point from the nape (point 1) going up to the top of your skull (point 5). Repeat the movement several times. (2 minutes)



3 Holding your palms at the back of your head, fingers facing up, inhale deeply, expanding your lungs, and upon exhaling, press with your hands. (1 minute)

TIP

You can perform these effortless massages at any time of day: in front of a TV series, while reading, during a break at your computer or in a waiting room!

Practical idea

Self-massaging using your hands is the best technique to vary intensity and pressure points.

However, to vary massages, you may sometimes use massage instruments such as this one, making sure you follow the 3 fundamental principles.

5 10 to 15 minutes of relaxation every day

Yoga and meditation have never been so popular, and with good reason!

While they have undeniable benefits for your mood, they are also beneficial for your scalp as they stimulate **blood flow**!

There is no need to travel as far as the **Land of the Rising Sun** to start practising. There are numerous free applications and videos on YouTube with exercise examples. You can practise at home, at work and even on holiday!

on the beach it's even better!

To make sure you make it part of your daily routine, set an alarm on your phone or carry out these exercises at specific times: when you wake up, when you go to bed or just before having lunch.

Practical tip
Breathe deeply every time you have 5 minutes.

Here is an exercise you can do: sit down comfortably or lie down on your back, close your eyes, and breathe deeply, inflating your stomach for 5 seconds, and then exhaling for 5 seconds. Repeat the exercise 5 times in a row and do it 3 times a day.

That is the secret to regaining calm and serenity throughout your working day!

6 Sleep more to have more hair!

Do you feel that a lack of sleep reflects on your hair? You are right!

Scientists have shown that **chronic lack of sleep** can lead to an increase in **stress** and **sugar cravings**, which shows in your hair.

Founder of Novexpert laboratories

CYRILLE'S GOLDEN RULES FOR A GOOD NIGHT'S SLEEP:

Avoid all screens at least 30 minutes before

Turn the lights off at 11 pm at the latest

Sleep in complete darkness

Keep the bedroom temperature around 18°C.

Naps are allowed... but **no more than 30 minutes** a day, otherwise you risk undermining your stock of sleep for the night.

Exercising is allowed... but **at least 3 hours before going to bed**, with the exception of yoga and walking.

TIP

Sleeping needs **vary** from one person to another and also throughout life. So **do not feel guilty** if you sleep less than 8 hours a night!

Practical idea
A magical accessory: socks!

A study has shown that having cold hands and feet **increases the time required to fall asleep**. The more heat you lose through your hands and feet, the longer it takes you to fall asleep! Try wearing socks to fall asleep faster.

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