



Hair Care Rehab: The Ultimate Hair Repair Reconditioning Manual

By Audrey Davis-Sivasothy

Saja Publishing. Paperback. Book Condition: New. Paperback. 280 pages. Dimensions: 9.8in. x 6.8in. x 0.7in. Dry Hair. Dandruff. Split Ends. When your hair reaches rock bottom its time for a little rehab. While we cant permanently undo the damage of the past, Hair Care Rehab: The Ultimate Hair Repair and Reconditioning Manual will give you the blueprint and tools you need to salvage and work with your stressed out hair. Who is this book for Everyone! Brunette, blonde, straight, wavy, curly, thick, fine--no matter your hair situation, rehab has you covered! This book takes readers through three phases of rehab: The Intervention: Discusses hair structure, type and form. Also defines hair damage, and teaches you how to work with overworked hair! The Detox: Presents a 5-Step strategy for hair repair that WORKS! Hair Therapy: Offers tips and solutions for 30 common scalp and hair care issues. If your relationship with your hair is on the rocks, get the rehab you need today with Hair Care Rehab. Contents: Unit I: The Intervention Chapter 1: Let s Start Off With What Is Not True Chapter 2: Hair and Scalp: Just the Basics Chapter 3: Damage Defined Chapter 4: What s Your Drug of Choice Unit II: The Detox Chapter 5:...



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