



5 Daily Rituals for Stronger Hair

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1. Wash Your Hair The Proper Way

Why it helps: Ends need protection, and Scalp needs cleansing

How (2–4 minutes):

- Wet hair. Apply conditioner only to mid-lengths & ends. Do not rinse.
- Emulsify shampoo in fingertips and massage only at the scalp.
- Leave both on while you finish your shower.
- Rinse everything out together.

Most professional styling products are water-soluble. Hot water + agitation removes them. Aim to wash every other day (adjust for sweat/workouts).

2. Hydrate yourself properly

Why: Hair follicles love steady fluid + mineral balance

- Drink $\frac{1}{2}$ your body weight (lbs) in ounces of water daily.
- Add a clean electrolyte (no artificial dyes/sweeteners) to 1–2 bottles for better absorption.
- Bonus: a pinch of mineral salt in one glass can help if you don't use packets.

3. *Eat protein in every meal*

Why: Hair is mostly keratin (protein). Consistent intake supports growth and strength

- Target 0.7 - 1.0 g protein per pound of ideal body weight (or simply include a palm-size protein serving each meal).
- Rotate sources: eggs, poultry, fish, grass-fed beef, tofu/tempeh, legumes, collagen added to smoothies, etc.

4. *Feed your gut, feed your hair*

Why: A balanced microbiome improves nutrient uptake (iron, zinc, B vitamins) that hair relies on

- Include probiotic foods daily (yogurt or coconut yogurt, kefir, sauerkraut, kimchi) and prebiotic fibers (onion, garlic, leeks, asparagus, bananas, oats).
- Consider a high-quality probiotic if foods are inconsistent.
- Chew well; manage mealtime stress to support digestion.

5. Protect & nourish between washes

Why: Daily wear (sun, heat, friction) breaks down the cuticle and leads to thinning, dryness, and breakage.

- After rinsing, apply a leave-in conditioner to mids/ends.
- Before any hot tool, use a thermal protectant every time.
- Shield from UV and friction: hats in strong sun, silk/satin pillowcase or bonnet at night, gentle detangling from ends upward.
- 2–3 minutes of scalp massage daily (fingertips, not nails). Consistent circulation support beats occasional “treatments.”

Quick Checklist...

- ☐ Conditioner-first wash; shampoo scalp only; rinse together
- ☐ Hydration target hit + electrolytes
- ☐ Protein at breakfast/lunch/dinner (or snacks)
- ☐ Probiotic + prebiotic foods (or quality supplement)
- ☐ Leave-in + heat protectant; UV/friction guard; daily scalp massage



Coach Notes

- Consistency beats intensity. Aim for small, repeatable wins.
- Pair with hydration + minerals to support stress resilience (e.g., mineralized water).
- Sleep is hair care. Protect 7-9 hours with a regular wind-down.
- When to seek extra support: Sudden diffuse shedding, burning/itching, widening part, or shedding >8 weeks- book a Hair Recovery Plan to evaluate root causes.
- Gentle disclaimer: This guide is educational and not medical advice. If you have a medical condition, consult your clinician.

Next Step...

If you feel that you need a true personalized plan for getting not only your hair back to where you want it, but reclaiming your confidence and self image, all while improving your health and feeling younger, schedule your Hair Recovery Plan now by clicking below.

Feel
Confident