



STRONG HEALTHY HAIR THAT GROWS: Hair Care Secrets FOR ALL HAIR TYPES

Janae McNeal

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Beautiful hair can make or break you. No one can look away when a woman has long healthy hair. Beautiful long hair masks other flaws that you may have. Ask any woman with long hair, she knows. Beautiful hair makes a woman more confident, more vibrant, and appear younger. Unhealthy hair has the opposite effect. Long natural hair is seen as the most attractive than any other hairstyle.

This is the only, all-inclusive, guide you'll need to get the hair or your dreams! Regardless of your hair texture, you can have long, thick, flawless hair by adding these surprising methods to your arsenal. Whether you are starting over or have reached a growth plateau, never suffer a hair slump again. Reach your hair goals and beyond with this book. This book will teach you what you need to do from the scalp to the tips of your hair to take your hair to new lengths. You'll wonder why this has been hidden from you your whole life! Your hair will grow longer, stronger, and thicker with ease by using these surprising tactics.

In this book you'll get:

Chapter 1: Introduction

1-1: My Hair Care Journey (How I got 6 years of growth in a matter of two years)

1-2: The Defining Moment

Chapter 2: The Science of Hair

2-1: How Does Hair Grow?

2-2: The Layers of the Hair Shaft

2-3: Hair Growth Phases

Chapter 3: Scalp Health

3-1: Keeping the Scalp Clean

3-2: Providing Necessary Nutrients

3-3: Added Ways to Control Dandruff

Chapter 4: Manipulating the Hair Cuticle and Why it's Important

4-1: Methods to Open the Hair Cuticle

4-2: Methods to Close the Hair Cuticle

4-3: Side Notes

Chapter 5: Moisturizing the Hair

5-1: A Moisturizing Powerhouse (Learn the key moisturizer that works for all hair types)

5-2: Maximizing Your Benefits from Oils (You'll wish you've known this all your life!)

5-3: The Enemy of Healthy Growing Hair (You'll never look at hair the same way again)

5-4: Deep Conditioning the Hair (You won't be able to find this method anywhere else)

Chapter 6: Strengthening the Hair

6-1: The Perfect Hair Strengthener (Never buy expensive temporary products again when you learn about

this hair strengthener)

6-2: The Perfect Hair Strengthener's Ally (You'll be amazed when you find out this little known secret that will add huge value to your hair)

Chapter 7: How to Handle the Hair Properly (Hair retention is just as important as hair growth if you want to maintain long hair)

7-1: General Treatment of the Hair

7-2: The Tools to Use (and Not to Use) on Your Hair

7-3: How to Wash Your Hair

7-4: How and When to Trim Your Ends (Learn why what you've been taught all of your life is wrong!!)

7-5: Different Materials and How They Affect Your Hair

Bonus Chapters:

Chapter 8: Chemically Altered Hair (Relaxed, Colored, Permed, or Texturized) Yes you can grow your hair long regardless of the chemicals you put on your hair! Learn how in this book)

Chapter 9: Caring For Your Hair Under Hair Extensions (Yes you can grow your hair long regardless of wearing hair extensions. Make them a stylish alternative rather than a necessity when you read this)

9-1: Choosing Your Hairstylist Wisely

9-2: Choosing Your Hairstyle Carefully

9-3: How to Cleanse and Moisturize Your Hair Under Your Hair Extensions

Chapter 10: Closing

Like many, you'll wish you had learned all of these secrets sooner. Key changes in your regimen will yield huge results! It's easier than you think.

Janae McNeal, the owner of Lu Beauty Products, is dedicated to helping women and men achieve their hair goals. After sifting through what works and what doesn't, and with a multitude of success stories under her belt spanning four years, she presents to you the best methods available to achieve your hair goals. Even using a few of these proven methods will cause a huge improvement in your hair. Using all of the information provided in this book will transform your life.

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