



Achieve YOUR best hair.

Allison Gibson | 626.639.8537 | Allison@NaturalHaiRevolution.com
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HAIR Goals

Growth

- Longer
- Thicker
- Stronger
- Healthier

Color

- Color Change
- _____

Texture

- Add texture / volume
- Enhance curl or wave
- Smoother
- _____

Good stuff:

- Shine
- Manageability

Chronic Issues?

- Oily scalp
- Dandruff
- Itchy scalp
- Dry scalp
- Dry hair
- _____
- _____

Hair loss?

- Thinning (front/top)
- Thinning (edges/hairline)
- Patchy loss
- Shedding
- Breakage
- Split ends
- _____
- None

Treatments & Lifestyle Changes

Add your notes below. Which changes feel reasonable for you to achieve your hair growth goal?

1 5-Minute Daily Massage

2 Serum or essential oils w/carrier oil

3 Weekly Treatment

4 Monthly Treatment

5 Supplements & Vitamins

6 Dietary Changes

7 Exercise

8 Stress Reduction Techniques
