



Achieve YOUR best hair.

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HAIR Growth Worksheet

1. Type of Hair Loss

- Hairline
- Patchy
- Thinning all around
- Thinning in front/top
- Shedding
- Hole surrounded by strong growthy
- Breakage
- Split ends
- Other: _____

2. Growth Goals

- Longer
- Thicker
- Stronger
- Healthier

3. Chronic Issues

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

Treatments & Lifestyle Changes

Add your notes below. What changes can you make to increase your hair growth?

1 5-Minute Massage

2 Essential oils w/carrier oil

3 Weekly Treatment

4 Monthly Treatment

5 Supplements & Vitamins

6 Dietary Changes

7 Exercise

8 Stress Reduction

HERBS FOR HAIR 101

Cassia – for blonds, for sheer gloss & conditioning. Also softens the red into strawberry blond. Adds shine and smooths.

Indigo —When mixed with henna, or used immediately after a henna treatment, creates browns, auburns, deeper reds or black—depending upon how much you use and your starting color. It darkens the red in henna.

Aloe Vera — Stimulates and nourishes new hair growth. Soothing and healing to the scalp and very moisturizing to the hair. Counters the drying effects of Indigo and some hennas.

Amla—an astringent that darkens brown. Adds texture, volume, wave, curl and shine. It enhances or better defines your existing curl pattern. Makes the hair appear thicker. Adding Amla will stop the henna from eliminating your curl pattern.

Aritha—helps prevent hair loss & adds body and volume to hair

Brahmi: Encourages growth, strengthens hair roots, thickens the hair, heals the scalp, decreases shedding, treats scalp conditions such as psoriasis and eczema, improves overall health of scalp and hair. Adds some shine and darkens the hair just a bit.

Bhringraj – Helps prevent hair loss, helps control and eliminate dandruff, stops premature graying. Has a calming affect and helps promote a good, and well rested sleep. Also darkens henna a bit.

Chamomile flowers— This boosts the blond color in your Cassia treatment.

Cloves – helps to promote hair growth and prevent hair loss. Also adds a warm, spicy, woody scent.

Fenugreek (methi)– Reduces hair loss (due to menopause or hormonal imbalances), promotes hair growth, moisturizes, adds shine, smooths, and softness. Also tames frizz and is great for course hair. Makes for easier detangling. Has antioxidant and anti-inflammatory properties that prevents dandruff and scalp irritation.

Ginger – makes the henna scent virtually disappear. Add a spoonful of ginger root powder to every 100g of henna powder.

Hibiscus – tones down brassy reds when mixed with henna; creates deeper red tone. Helps promote hair growth, reduce hair loss, adds great shine, defines curls, and is said to delay premature graying (although I've not seen this last result)

Honey—Add honey to your Cassia mix. (It's lightening in blond hair because it produces peroxide.) Also strengthening.

Neem—eliminates dandruff and lice. Heals itchy irritated scalp, anti-bacterial, anti-fungal.

Rosemary—stimulates hair growth, improves most scalp problems, treats dandruff and seborrhea, nourishes the scalp and keeps hair looking healthy and shiny.

Shikakai—Nourishes the scalp and encourages new growth, slows down shedding, softens and shines the hair

Tea Tree Oil – for dandruff and damaged scalp.

Zizyphus Spina Christi (Sedr) – Used to achieve the benefits of henna without changing your hair color. Strengthens hair from root to tip. Adds great shine. It's also a deep but gentle cleanser and ideal for those with fine, limp hair as it improves thickness. Protects hair from daily elements.

About HENNA

Henna, *lawsonia inermis*, is a plant that grows in hot, dry climates. ALWAYS use pure, body art quality (BAQ) henna. It should only contain henna—check the label! Benefits:

- Strengthens your hair by penetrating the hair shaft.
- Smoother, shinier hair. It smoothes the cuticle & coats the hair, filling in rough spots.
- Thickens each hair strand, making it more resistant to breakage
- Lessens dandruff, and can eliminate it when mixed with tea tree oil
- Loosens your curl or wave
- Reduces split ends
- Colors your hair—red and only red. This will only be noticeable on light hair (light brown, blond and grays)
- Has a beneficial cumulative effect. The more frequently you use it, the better and stronger the results.
- It also primes the hair for other colors, such as Indigo, Cassia and Katam.

Since henna is a plant, each crop is different—some produce a coppery color, like Moroccan henna, or a more red color. Some are orange and some are dark red.

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Compiled by Allison Gibson | www.NaturalHairRevolution.com