

HAIR WELLNESS FAQs

YOUR QUESTIONS. ANSWERED.

Hair wellness is about more than appearance. It includes the everyday factors that support healthy hair and scalp wellness over time.

Here are answers to the questions we hear most often.

HEALTHIER
HAIR
A MORE
CONFIDENT
YOU



1

WHAT IS HAIR WELLNESS?

Hair wellness looks at the everyday factors that may influence healthy hair and scalp over time.



2

DOES SCALP HEALTH MATTER?

Yes. A healthy scalp helps support a healthy environment for hair.



3

CAN NUTRITION AFFECT HAIR?

Protein, iron, zinc, vitamin D, hydration, and balanced nutrition may all play a role.



4

CAN STRESS AFFECT SHEDDING?

It can. Periods of stress may influence shedding and overall hair wellness.



5

DO HORMONES AND GENETICS MATTER?

Yes. Age, hormones, and family history can all influence hair changes over time.



6

CAN DAILY STYLING HABITS CAUSE DAMAGE?

Heat, harsh treatments, and rough handling may contribute to breakage or damage.



7

DO TIGHT HAIRSTYLES MATTER?

Repeated pulling or tension may place stress on the hair over time.



8

IS SOME SHEDDING NORMAL?

Yes. Some daily shedding is normal, but noticeable changes deserve attention.



9

WHEN SHOULD I PAY ATTENTION?

Notice sudden, significant, or ongoing changes in your hair or scalp.



10

WHAT IS A GOOD FIRST STEP?

Start with awareness, gentle care, supportive habits, and professional guidance when needed.

BETTER HABITS TODAY
A STRONGER TOMORROW



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HAIR WELLNESS
SCORE™

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