



What Healthy Hair Really Needs

Hair Wellness Infographic™

Hair wellness involves more than the hair we see.



Scalp Health

A healthy scalp supports a healthy hair environment.



Nutrition

Protein, iron, zinc, vitamin D, and hydration can matter.



Hormones & Genetics

Natural changes may influence hair growth and thinning.



Stress & Recovery

Stress can affect shedding and overall hair wellness.



Daily Habits

Heat, tight styles, and harsh treatments may lead to damage.



Early Attention

Understanding changes early can help guide the next step.