



# Hair Care Rehab: The Ultimate Hair Repair & Reconditioning Manual

*Audrey Davis-Sivasothy*

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*Audrey Davis-Sivasothy*

**Hair Care Rehab: The Ultimate Hair Repair & Reconditioning Manual** Audrey Davis-Sivasothy

*Dry Hair. Dandruff. Split Ends. When your hair reaches rock bottom it's time for a little rehab.*

While we can't permanently undo the damage of the past, *Hair Care Rehab: The Ultimate Hair Repair and Reconditioning Manual* will give you the blueprint and tools you need to salvage and work with your stressed out hair.

Who is this book for? **Everyone!** Brunette, blonde, straight, wavy, curly, thick, fine-- no matter your hair situation, rehab has you covered!

This book takes readers through three phases of rehab:

## **The Intervention:**

Discusses hair structure, type and form. Also defines hair damage, and teaches you how to work with overworked hair!

## **The Detox:**

Presents a 5-Step strategy for hair repair that WORKS!

## **Hair Therapy:**

Offers tips and solutions for 30+ common scalp and hair care issues.

If your relationship with your hair is on the rocks, get the rehab you need today with *Hair Care Rehab. Contents:*

### **Unit I: The Intervention**

Chapter 1: Let's Start Off With What Is Not True

Chapter 2: Hair & Scalp: Just the Basics

Chapter 3: Damage Defined

Chapter 4: What's Your Drug of Choice?

### **Unit II: The Detox**

Chapter 5: Getting Damage under Control

### **Unit III: Hair Therapy & Treatment**

Chapter 6: The Hair Repair Manual

*Special Topics*

Alopecia (Hair Loss)

Basic Hair Breakage Burns (Appliances)

Chemical Burns

Chlorine & Pool Water Damage

Color Fading

Contact Dermatitis

Cradle Cap

Crown-Area Hair Breakage

Damaged, Highly Porous Hair

Dandruff & Dry Scalp  
Dry, Brittle Hair  
Eczema  
Red, Itchy Scalp  
Fine, Limp Hair  
Frizzy Hair  
Graying Hair  
Green Hair  
Hair Loss & Thinning  
Head Lice  
Heat Damage  
Oily Hair  
Psoriasis  
Ringworm  
Seborrheic Dermatitis  
Shedding  
Single-Strand Knots  
Sluggish Hair Growth  
Split Ends  
Sun & Surf Damage  
Tangly Hair  
Thinning Hair Edges  
Thin Ends

#### **Unit IV: Outpatient Therapy**

Chapter 7: Special Hair Conditioning & Restoration Treatments

Chapter 8: On the Shelf!

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