

General Hair Growth Guidelines:

- 1) Haircuts: Haircuts are important. Trimming the ends of all hairs every 6 weeks is recommended.
- 2) Brushing: Brush when the hair is dry, 2 times per day for 3-5 minutes with a boar's hair brush. The bristle type is important. The synthetic nylon bristles are quite damaging and are sharp on the scalp. Don't brush when hair is wet. Use a wide toothed comb. Proper brushing stimulates hair growth.

This program must be used for a minimum of 90 days. You will need 3 Resonance kits for such a time period. Additionally, you will need to buy 4 X 32 oz of cider vinegar, 60 mL white iodine from Cambrian Drugs and 250 mL of castor oil every 90 days.

Daily Applications

Shampoo every day with castile based shampoo - we suggest Dr. Bronner's Lavender Castile Shampoo. After every shampoo apply $\frac{1}{4}$ cup of protective sealing lotion in a quart of water followed by 1 cup of strengthening rinse. The strengthening rinse can be collected in a bowl and reused to fully rinse the hair. (These can be prepared in advance and kept in the fridge – see instructions below.)

Make the sealing lotion in advance: Combine 6 tablespoons of sealing lotion herbs with 32 oz of cider vinegar, bring to a boil and leave to steep and completely cool while covered. Store back in the vinegar bottle.

Make the strengthening rinse in advance: Combine 5 tablespoons of strengthening rinse herbs with 2 liters of water, bring to a boil, then leave to steep for 1 hour, covered. Strain herbs out. Replace evaporated water to the level of $\frac{1}{2}$ gallon by adding plain water if needed.

Following your morning shampoo, apply the daily scalp stimulator. Use undiluted. Test it first if you have light coloured hair to make sure it doesn't discolour the hair. Work a small amount of tincture into the scalp only. It doesn't need to be applied to the rest of the hair.

Each evening, you will apply an oil based scalp salve. To prepare, mix the vial of essential oils in your kit with 250mL of castor oil. Work a small amount into the scalp and leave on overnight. Once per week add a teaspoon of white iodine to the oil. (White iodine can be purchased from Cambrian drugs – you will need 60mL for the 90 day treatment.)

Weekly Applications

Slougher: Once per week, use a sloughing mixture rubbed gently into the scalp with a toothbrush made up of the following: $\frac{1}{4}$ cup vodka, 10 aspirin tablets, 2 Alka-Seltzer tabs, 2 tsp of the castile shampoo and 1 tsp cayenne pepper.

Don't rinse yet! After applying the slougher, apply 2 tablespoons of the henna/Fuller's Earth powder mixed with enough hot water to make a paste. Apply with a pastry brush to the hair. Leave this on 30 minutes. Rinse with warm water.