

# Haircare Practice-

To do something regularly or consistently as an ordinary part of taking care of your scalp and hair.

There are many ways to care for the scalp and hair, but if you continue to focus on your haircare goals, eventually you will see the results you want to accomplish. Accomplishing these haircare goals will take some practice. For instance, getting to know the scalp and hair, and finding better ways to take care of the scalp and hair, all take practice. As you continue to practice, you will have your own preferences as to how, why and when you care for your scalp and hair. Below are some notes for "good haircare practices"

## Good Scalp & Hair Practices- Questions & Answers Guide

Your Name-

Year-

### Ask Questions-

What are some of your haircare questions or concerns?	
What kind of haircare results are you looking for or want to achieve?	

### Find a Balance- How will you balance using your products, tools and appliances?

What products will you use to oil, moisturize, shampoo, condition, cleanse, detangle, and style your hair?	
When and how often will you use your products?	
What type of hairstyles will you choose?	
Will you be hairstyling often or every so often?	
What type of foods will you eat?	

**Use Moderation-**

What are some of the practices that you need to avoid or use less?	
Are there any hairstyles, ingredients, chemicals, products, tools or appliances that you need to avoid or use less?	
Do you need to make changes to your hairstyles, like lessening the amount of time you wear your hairstyles?	
Or do you need to slow down on the products you use frequently?	

**Attaining Knowledge-**

What do you need to learn more about?	
What concepts about the scalp and hair is most important to you?	

**Creating & Updating-** Create a foundation for your haircare experience, then update. In other words, anything that is related to your haircare goals and accomplishments needs to be added to your experiences.

Ex: How and when you used your products, tools, appliances. Dates, time, years, etc.	
What were the results or outcomes? Ex. Did you notice growth, damage, or the same results you always experience.	
Were your results accomplishments or some mistakes?	
What are some of the steps or rules that you would follow next time?	

**Getting Help-** You always have the option to get help. You can search online, purchase books, or do more research about the scalp and hair. Or you can visit [Youngtouchhaircare.com](http://Youngtouchhaircare.com) to get more information about taking care of the scalp and hair.

**Choose Responsibly-** Always remember to choose responsibly. Although making haircare decisions is fun, it can also get serious especially when using chemicals, attempting to avoid scalp and hair complications or choosing products for your scalp, hair or body. So if you are under 18 years of age, it is recommended that you consult with your parents or your guardian to get permission before making any haircare decisions.