



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

*Audrey Davis-Sivasothy*

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

*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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