

## How to use Hair Again

- 1..Part hair down the middle, spray scalp generously **HairAgain** and pat briefly and gently onto scalp. Concentrate more on affected areas. Part hair on one side and saturate that section of the scalp, repeat until all affected areas of the scalp have been covered. The higher number of mists may be needed to pass through fuller hair covering of your scalp.
2. Wait for about one minute then shampoo or wash off so that all oils, and broken-down barriers are removed from the scalp.

## Suggested Schedule for Spraying *HairAgain* on Scalp

The **Turbo Start** approach offers an "overwhelming attack" to culprits in the area affected by beginning a breaking down of barriers that are impeding hair growth. Strongly suggested as a **first powerful step** that **begins neutralization of the scalp territory**. The more diligently that this alternative step is performed the quicker the initial results may be noticed.

### Turbo Start

Hair-loss culprits may have been degrading a scalp for several years, or even decades, prior to noticing significant hair loss suffered by men and women who have had no adequate defense against them.

Those wishing to overcome these culprits may then wish to adopt an intense plan to reverse hair degradation. Fortunately, the ideal solution of choice may contain three key pillars: (1) **Discipline**--Doing what has to be done when it has to be done; (2) **HairAgain**; (3) following the Internal **Keys to Inhibit 5-alpha reductase**, and (4) **Time** (consistently investing a few minutes per day brushing scalp).

Here is a routine that has shown to significantly speed up results:

**Week 1:** These steps may bring down barriers and nourish inactive follicles so that hair may **start growing as soon as possible**. Of course, even better results may be realized if **Turbo Start** is repeated for longer periods.

#### Morning Routine:

1. Brush hair gently but thoroughly for about 2-5 minutes (300+ strokes).
2. Spray **HairAgain** so as to **cover target area** of the scalp, gently **massage and tap** it with finger tips into scalp until **it** has been absorbed into the scalp and hair does not feel wet. If extra oiliness is noticed on finger tips and scalp wipe it off. **Create no friction at the scalp that pulls baby hairs out.**

3. Wash scalp:

4a. Flood scalp with warm (not too hot) water,

4b. To prevent re-contamination of scalp use **The Vital Image *Renewal Shampoo*** (100% natural, leaves no residue), raises pH of scalp, is an excellent companion to *HairAgain*.

4c. Gently **massage-in** shampoo for 30 seconds or more to promote removal of foreign materials

4d. Let it **remain for at 1 minute or more** on scalp.

4e. Direct **warm water** to scalp for about 2 minutes or more, so as to rinse shampoo from hair and scalp.

4f. Follow up with 30 seconds of **cool water** directly on the scalp to close up the pores (head closer to shower spout may reduce cold water spray on rest of body, if this cold would be undesired).

5. Take supplements at breakfast time suggested in **Keys to Inhibit 5-alpha reductase**

#### Evening Routine

6. Repeat step 1 once more--brush hair as suggested above.

Decisively freeing follicles and renovating hair-growth territory by bringing down barriers and providing key nutrition, circulation and oxygen to hair follicles aggressively may be a very desirable course of action early in the program.

**NOTE:** More is not better. Desired benefits by applying too much *HairAgain* may not be achieved. Do not over-apply. Best results have been reported by those who ensure that all product and its captured culprits (DHT and other materials) are removed from your scalp after application of *HairAgain*.