

## How to create the perfect scalp environment for hair growth:

### Step 1 - Clear hair follicle openings prior to shampooing your hair:

Utilize [Thairapy Gold - Scalp Prep Thairapy](#) on the scalp in the target area prior to shampooing. Debris accumulates each day around hair follicles and this debris can block therapies from reaching the Dermal Papilla, which is where cellular activity begins. Scalp Prep Thairapy lifts this debris from clogged hair follicle openings which can then be shampooed away. Apply by saturating 1/4<sup>th</sup> of a cotton square and blot the saturated cotton onto the scalp at the base of every ½ inch parting.

**It's imperative to use Scalp Prep Thairapy on Laser Treatment days.**

Allow Scalp Prep Thairapy to sit on the scalp for 5 minutes (10 min max) - **ALWAYS** shampoo your hair following Scalp Prep Thairapy!

### Step 2 - Shampoo your hair with DHT blocking Shampoo:

You may shampoo your hair anytime you like...but it's imperative on laser treatment days to shampoo your hair using [Thairapy Gold - DHT Blocking Shampoo](#) following Scalp Prep Thairapy to cleanse the hair with DHT blocking properties and remove the lifted residue from the scalp. Hair growth therapies can reach the Dermal Papilla best if hair follicle openings are open and clear. Clear follicles ensure all hair growth therapies reach the Dermal Papilla. For those with sensitive skin, we recommend [Thairapy Gold – Bio-Thairapy Gentle Shampoo](#). This is the same formula as our DHT blocking shampoo with NO DHT Blocking properties

### Step 3 - Condition hair after shampooing:

Utilize [Thairapy Gold – Bio Thairapy Condition](#) to provide vitamins directly to the hair strands without contributing to clogged hair follicles. It's important to condition the hair after each shampooing when attempting to grow healthy hair. Hair strands which are not treated with conditioning agents are more susceptible to dryness which leads to breakage.

Allow Bio Thairapy Condition to sit on the hair for 3-5 minutes and then rinse with tepid to cool water. Cooler water is BEST! One of the best and FREE ways of protecting your hair is to rinse your hair with as cool of water as you can stand! We know this sounds crazy...but it works. Simply turn down the temp of your water just before placing your hair beneath the water stream. Using cool water is amazing for your skin as well. Hot water is not good for your hair or your skin.

### Step 4 - Use one follicle stimulating night Thairapy EVERY NIGHT while you sleep!

Utilize ONE of the following to aggressively encourage hair follicle cellular activity while sleeping.

- a. [Thairapy Gold - Maximum Growth Thairapy](#)
- b. [Thairapy Gold – Growth Thairapy Activation](#)

### Step 5 - Take your DHT Inhibiting Thairapy supplement 2 x per day – morning & evening

EVERY DAY utilize [Thairapy Gold DHT Inhibiting Thairapy](#) or [Thairapy Gold – DHT Inhibiting Thairapy AV](#) (for those with shellfish allergy or Zinc intolerance) to prohibit DHT from binding onto Androgen Receptor hair cells. Protecting the hair cells will combat the devastating effects of DHT. This supplement is most effective when taken 2 times per day morning and evening, 12 hours apart

For those with a sensitive stomach, take with food.

### Step 6 - Utilize FDA cleared Laser Hair Therapy 3 x per week

3 times per week utilize FDA cleared Laser Hair Therapy (LHT) using the [Thairapy Gold – Ultimate 272 laser](#) (recommended for those with top-of-the-head hair loss) or the [Hairmax Laserband 82](#) (recommended for those with overall thinning) to stimulate hair follicles to grow. Laser Hair Therapy uses laser light at a certain wavelength to create Photobiomodulation upon the scalp. Photomodulation which has been proven to increase cellular activity. We recommend utilizing Laser Hair Therapy no more than 3 times per week on alternative days. To ensure success, set a schedule to use regularly such as Mon, Wed, Fri or Tues, Thurs, Sat. Setting a schedule ensures the most compliance...and those who are the most compliant reap the most benefit.

**For maximum results schedule a checkup every 12 weeks with our in-house Trichologist by [clicking here](#)**

- Click on each product link to view the instructions on how to properly use each product
- Brush hair nightly from roots to ends using closely bristled brush.
- Do a weekly deep conditioning treatment if your hair is 6 or more inches long
- Never do ANY type of laser treatment on consecutive days
- Never do hair color and a laser treatment on the same day (it's too much scalp stimulation)