

Overall Thinning Gentle - Achieve maximum results by creating the perfect scalp environment for hair growth:

Step 1 - Clear hair follicles 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 using 1/4th of a cotton square and dab on 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 Bio Thairapy Gentle Shampoo:

You may shampoo your hair anytime you like...but it's imperative on laser treatment days to shampoo your hair using [Thairapy Gold – Bio Thairapy Gentle Shampoo](#) following Scalp Prep Thairapy to gently cleanse the hair 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.

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 this night thairapy every night before going to bed:

[Thairapy Gold - Maximum Growth Thairapy](#) – A vasodilator which encourages hair follicle cellular activity **while you sleep**. Apply to the scalp in the target area using ¼" partings. Avoid the hair strands to prevent product waste.

Step 5: Take your DHT Inhibiting Thairapy supplement 2 x per day – Morning & Evening (12 hours apart)

[Thairapy Gold DHT Inhibiting Thairapy](#) Inhibits DHT from binding onto Androgen Receptor hair cells thus protecting the hair cells from the devastating effects of DHT. This supplement is most effective when taken 2 times per day, every 12 hours. Many clients find it helpful to set it by their bed or anywhere they will be reminded to take every 12 hours. For those with a sensitive stomach always 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 [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 (650 nm) to create Photobiomodulation upon the scalp. Photomodulation has been scientifically 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 the laser 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.

Your custom use instructions: To reap maximum benefit, place the laser on your front hair line and press start. Allow it to stay in this one position until it shuts off (10 minutes). Then move it back onto the next untreated area and repeat. Continue this until you reach the back area of your head. There is no need to go below the back curvature of your head. Photobiomodulation will travel to benefit the entire scalp. You will need to recharge the device regularly.

- Your product bundle is designed to last for 90 days when used properly.
- For best results schedule a checkup every 12 weeks with our in-house Trichologist by [clicking here](#)
- **A complimentary check-up is included with every product bundle purchase**

- Using a closely bristled brush, brush hair nightly from roots to ends
- 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 (or any chemical process) and a laser treatment on the same day (it's too much scalp stimulation)
- Never do hair color and a laser treatment on the same day (it's too much scalp stimulation)

****IMPORTANT****

DO NOT use any product before watching the product use instructional video associated with each product:

Click on each product link and watch the product use instructional video for each product BEFORE using it for the first time. Most users need to watch each video more than once. Using the products correctly is vital to your overall success!

It is highly recommended to review the video instructions every time you re-order to ensure maximum success.

Each bottle contained within your protocol is designed to last 90 days with proper use.

Do not try to “stretch” the product by using less than required as it will void your guarantee if products are not re-ordered every 90 days. Use each product AS DIRECTED within the product use video and written instructions contained within this document. If you have questions about the proper use of any product, we recommend watching the instructional video **3 times** before contacting us for clarification. There is a lot of information and details can be easily missed when instructions are only reviewed once or twice.

Each product bundle includes a complimentary Trichology Review:

Working directly with a Trichologist improves results by over 50%! Trichologists help direct you to reap the maximum benefits of this program. Each appointment is 30 minutes. Please have your questions ready and be prepared to take notes to ensure you get the most benefit from your appointment. “No-show” appointments or cancelled appointments without a minimum 24-hour notice can only be rescheduled with upfront payment of \$125.

How to maintain your hair growth once you are happy with your hair:

Visit the “How To Maintain Your Hair Growth” page of the website: [How to Maintain your Hair Growth Success - HairLossTreatmentCenterOfAmerica.com](http://www.HairLossTreatmentCenterOfAmerica.com)

We at HLTCOA want you to reach your hair goals and are here to help you. After years of working directly with hair loss clients we understand as few others do, exactly what it takes for individuals with varying hair loss contributors to achieve maximum hair growth results.

The single most important component to achieve hair growth success is ongoing and consistent use of the protocol.

Goals vs results...

Achieving hair growth goals is similar to achieving weight loss goals: If one only counts calories, they will lose weight, but progress will be slow. Weight loss results dramatically improve for those who effectively combat all of their contributing obesity factors such as calorie intake, properly functioning hormones, drinking enough water, and getting adequate exercise!

The same applies to hair growth goals: If one effectively combats all hair loss contributing factors, by creating the perfect scalp environment for hair growth, by protecting the androgen receptor hair cells, and by stimulating hair follicles consistently, their results will dramatically improve over those who utilize Laser Hair Therapy alone.

Your results are directly tied to protocol compliance.

Simply put: If you don't work the program...The program won't work!