



MyFamily
Hair Health & Nourishment
Guide

Shine Naturally. Strengthen Gently. Love Your Hair Daily.



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Welcome!

To to Your Hair Healing Journey

Hair health is not just about shampoo or styling — it reflects your inner nutrition, hormone balance, stress, and self-care. At MyFamily, we believe in nourishing your roots — both physically and emotionally.

This guide offers kind, sustainable steps to support your hair from the inside out — with clarity, consistency, and care.



Daily Hair Health Checklist

- *Nourish from within (protein + healthy fat + minerals)*
- *Stay hydrated (2.5–3L water daily)*
- *Reduce stress with movement or breath*
- *Massage scalp gently (1–2x/week)*
- *Use gentle, sulphate-free hair products*
- *Wash every 2–3 days (or as needed)*
- *Sleep 7–8 hours for recovery and growth*



Eat for Stronger, Shinier Hair

- Your hair cells are among the fastest-growing — and the first to suffer when nutrients are low.
- Avoid: Sugary snacks, crash diets, or skipping meals
- Your plate nourishes your scalp, too.

Daily Nutrient Targets



Protein
eggs, lentils,
curd, tofu



Healthy fats
ghee, seeds,
coconut



Iron + Zinc
beetroot, amla,
pumpkin seeds



Biotin & Vitamin E
almonds, sunflower seeds



Hydration
water, herbal teas, soups



Weekly Scalp & Oil Ritual

- Scalp health = hair health. It improves circulation, reduces dryness, and prevents early hair fall.
- Bonus: Add curry leaves or fenugreek seeds to warm oil for deeper nourishment.

Weekly Ritual:



1 Warm
coconut, olive,
or almond oil



2 Leave in for
1–2 hours
(not overnight)



3 Massage into
scalp for 5–10
min



4 Wash with a mild,
sulphate-free
shampoo



Gentle Hair

HABITS THAT MATTER

- **Healthy hair comes from small, daily choices.**
- **Your hair thrives when you treat it gently.**

Do's



Use a soft towel or cotton t-shirt to pat dry



Detangle with a wide-tooth comb — not when hair is soaking wet



Use scrunchies or soft elastics



Air-dry when possible



Protect hair from strong sun

Don'ts



Tie wet hair tightly



Overuse heat tools



Skip conditioner if your ends feel dry



Harsh chemicals or sulphates



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Recipes

FOR HAIR-NOURISHING MEALS



Amla Juice (Morning Booster)

- STEP 1: 1 cup fresh amla (or 1 tsp powder)
- STEP 2: 1 cup water
- STEP 3: 1 tsp honey
- STEP 4: Blend and sip on an empty stomach.

Curry Leaf & Sprouts Salad (Lunch Add-On)

- Moong sprouts, chopped curry leaves, lemon, olive oil .
- Boosts shine and root strength.



Methi Paratha (Weekend Brunch)

- Whole grain flour + fresh fenugreek leaves + ghee
- Great for hormonal and hair health.

Herbal Helpers for Hair

- Herbal teas and tonics can nourish from the inside.
- 1-2 cups daily is enough. Herbal care = gentle care.

TRY :

- Bhringraj tea – for hair growth
- Hibiscus tea – for volume and shine
- Amla + Tulsi tea – antioxidant-rich
- Triphala in warm water at night – for gut & scalp health



A Simple

WEEKLY HAIR PLAN



MONDAY

Amla juice + Gentle scalp massage



TUESDAY

Protein-rich meals + hydrate



WEDNESDAY

Aloe vera mask or curd mask



THURSDAY

Hair-nourishing salad or methi paratha



FRIDAY

Wash hair + condition + soft dry towel



SATURDAY

Oil + hair mask + relax



SUNDAY

Rest + braid hair loosely



Diy

ALOE HAIR MASKS (CHOOSE 1/WEEK)



For Growth



Aloe

+



Castor Oil

+



Egg

For Dandruff



Aloe

+



coconut oil

+



Lemon



For Split Ends



Aloe

+



Honey

+



Sunflower Oil



For Deep Conditioning



Aloe

+



Yogurt

+



Honey



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Evening Hair & Self-Care Wind-Down

- *Warm sesame oil belly massage (3x/week)*
- Herbal tea (hibiscus or bhringraj)
- No screens after 9 PM
- Sleep by 10:30 PM
- Rest restores your roots.*





***At MyFamily,
We Believe in Gentle Hair Healing***

Your hair is a mirror of your inner health. With nourishing meals, kind care, and consistency, your hair can thrive not just survive.

*Start simple!
Stay steady!*

Your roots are stronger than you think.



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