

Name _____

Hair Care 101: Tips for Healthy Hair and Scalp

Short Answer

1. Why is it important to avoid over-washing your hair?
2. Explain why a gentle scalp massage while washing your hair is beneficial.
3. What are some common mistakes people make when caring for their hair?
4. How can natural oils like coconut oil benefit your hair?
5. Share your thoughts on why maintaining healthy hair is important for self-confidence.

