

Name _____

Hair Care 101: Tips for Healthy Hair and Scalp

Short Answer Key

1. Over-washing can strip your hair of its natural oils, leading to dryness and damage.
2. A scalp massage during washing stimulates blood flow, promoting healthy hair growth and relaxation.
3. Common mistakes include over-styling, wearing tight hairstyles, skipping trims, and ignoring scalp issues.
4. Natural oils like coconut oil can add moisture and shine to your hair, making it more manageable.
5. (Personal opinion answer will vary.)

