



ULTIMATE GUIDE

For Rapunzels hair









小红书

小红书号: 1100971776



WE HAVE THE COMPLETE PACKAGE....

with a product bundle that includes everything you need for the perfect hair health and growth journey, from scalp oils to hair oils. and leave in creams and daily water for your hair and more...



SALE

UP TO 50% OFF!

What you will need:

1. PREE-POO

2. ROSEMARY WATER

3. HERBAL HAIR MASK

4. DERMASTAMP

5. ROSEMARY OIL (SCALP OIL)

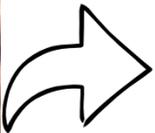
6. SATIN SCRUNCHIES

7. SCALP SCRUB

9. HAIR CREAM

9. ARGON OIL (HAIR OIL)

TIPS FOR A BETTER UNDERSTANDING THAT I DON'T WANT YOU TO LIVE WITHOUT!

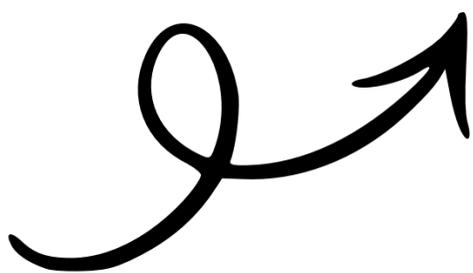
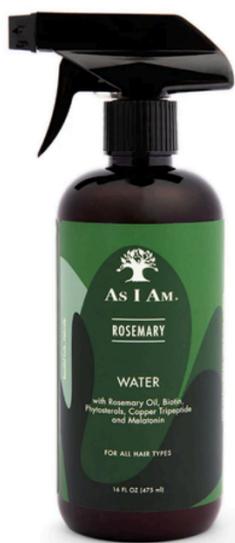
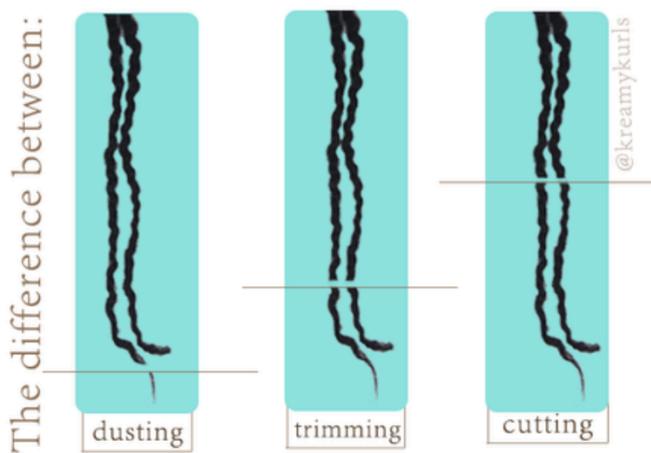


Look her up, "indigenous strands" she has hair past her hips and she seals her hair with flaxseed gel it, it acts as protective layer, no more breakage

HAIR TIP MONDAY:



Dusting is the most effective cut if your goal is lengths of hair, your ends are protecting your mids anyway so why cut it? if you pick up 20 hairs in your hand and only 3 are split, then trim only 3 of the split ones don't trim all 20!



Soil dries out quickly and you need to rewater plants all the time for them to grow healthy, make sure you do the same to your scalp and massage it in, hair will start growing like weeds.

add hair growth SCALP oil for extra nourishment to scalp



Get one scalp oil and one hair oil then you no longer need to shop for oils, one each is the perfect way to grow hair long

DON'T FORGET THIS IF YOUR GOAL IS LONG HAIR: TRACK YOUR HAIRS MOVEMENTS

gently put in braids in a way you can take them out smoothly, only slick back and do braids only with natural flaxseed gel/ cream/ conditioner, no gel under any circumstance, find best tutorial to get it slick

Styling hair after wash

Best protection really is Marley twists, mini twists, mini braids, anything where you can seal ends with flaxseed gel, just commit for abit for some growth, do a sleek long middle part so it looks good

Washing hair

To keep your hair healthy and avoid any snapping, try this refined routine:

The Routine:

Wash gently and stick to a consistent schedule to eliminate breakage.

Always wash in twists to prevent tangling. Apply shampoo only to the scalp, then carefully stretch out each hair strand while scrubbing to ensure a deep, snag-free clean.

Maintaining hair

spray with rosemary water daily, do lco method every time you put your hands in your hair and its feels dry, even if that means everyday do it like how you brush your teeth, DAILY, 2X daily, everytime your hair dries (squeeze all products into hair)

Taking hair out

Only gentle takeout with some sort of slip (pree poo). Fingers only detangle, keep watching tutorials every time you do it so you have the right technique and never forget that you always have to do it that way!!!!

These are the only stages your hair is going through, get every single step right and your hair will grow



add some oil for
extra slip, and
strength

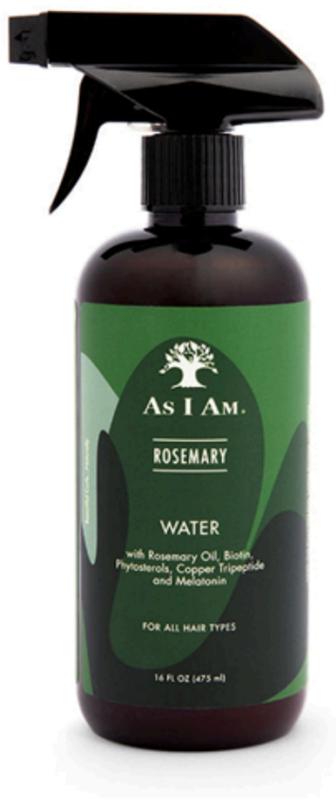
A “pre-poo” is a product applied before shampooing – it helps protect hair during the wash, detangle, soften and prep the strands.

BEFORE SHAMPOOING — ON WASH DAY, WHEN YOUR HAIR IS DRY OR DAMP (DEPENDING ON YOUR PREFERENCE), APPLY THE PRE-POO TO YOUR HAIR. THE BRAND SUGGESTS YOU CAN USE IT ON DRY OR WET HAIR.

DISTRIBUTE & DETANGLE — WORK IT THROUGH YOUR HAIR (FINGERS ONLY FOR RAPUNZEL LENGTH) FROM ROOTS TO ENDS, FOCUSING ESPECIALLY ON TANGLES AND SPOTS THAT ARE PRONE TO BREAKAGE.

LEAVE ON — LET IT SIT FOR A SHORT WHILE. FOR DRY/TANGLED HAIR, YOU CAN LEAVE ON 15-30 MINUTES BEFORE RINSING/SHAMPOOING.

RINSE & SHAMPOO — AFTER THE PRE-POO PHASE, RINSE AND THEN PROCEED WITH YOUR NORMAL SHAMPOO/CONDITIONER ROUTINE. THIS PREP HELPS MINIMISE BREAKAGE DURING THE ACTUAL WASH.



Rosemary water



PROMOTES HAIR GROWTH — ROSEMARY INCREASES BLOOD CIRCULATION TO THE SCALP, WHICH CAN HELP STIMULATE HAIR FOLLICLES AND ENCOURAGE GROWTH.

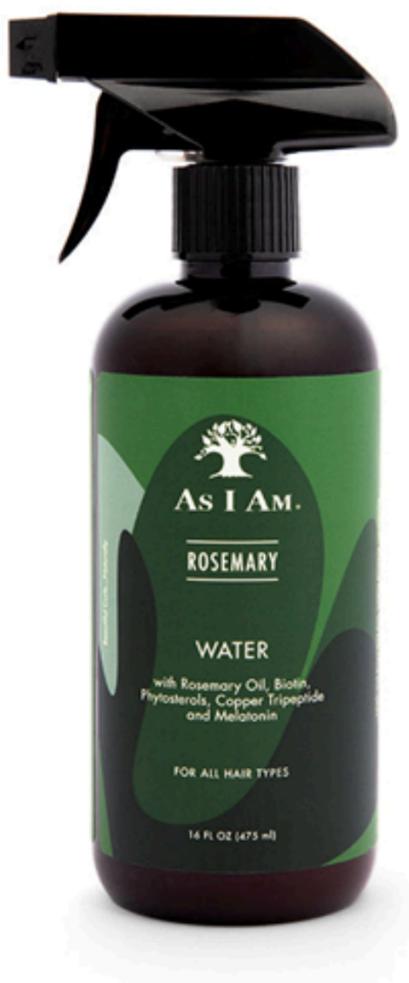
REDUCES SHEDDING/THINNING — SOME STUDIES SHOW ROSEMARY OIL OR WATER CAN BE AS EFFECTIVE AS MINOXIDIL

(ROGAINE) FOR MILD HAIR LOSS OVER TIME.

IMPROVES SCALP HEALTH — IT HAS ANTIBACTERIAL AND ANTI-INFLAMMATORY PROPERTIES THAT HELP SOOTHE ITCHY OR FLAKY SCALPS.

ADDS SHINE AND SOFTNESS — IT HELPS SMOOTH THE HAIR CUTICLE AND ENHANCES NATURAL SHINE.

DARKENS GREY HAIR SLIGHTLY (WITH CONSISTENT USE) — IT MAY HELP KEEP HAIR COLOR RICHER AND DEEPER FOR DARK HAIR TONES.



**Use as a scalp spray
(leave-in)**

**Spray directly onto your
scalp and massage gently
for 2–5 minutes.**

**Leave it in — no need to
rinse.**

**Use daily or every other
day.**

IMPORTANCE:

**Promotes Hair Growth: Boosts blood flow to the scalp,
helping hair grow faster and stronger.**

**Strengthens Roots: Antioxidants protect follicles and
reduce breakage.**

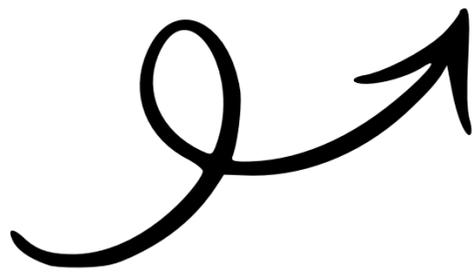
**Soothes Scalp: Fights dandruff, itchiness, and buildup
with antibacterial properties.**

**Adds Shine: Makes hair softer, smoother, and can
slightly darken natural color.**

**Supports Long-Term Health: Keeps scalp clean,
balanced, and nourished for steady growth.**



Derma stamp



Stimulating hair/regrowth in thinning areas: The derma-stamp creates micro-injuries in the scalp which trigger wound-healing responses (increased blood flow + collagen/stem cell activation) that can awaken dormant follicles.

Enhancing absorption of topical hair treatments (serums, minoxidil, oils) because the tiny channels allow deeper penetration.

Improving overall scalp health: can help with follicle circulation, minor scarred/thinned areas, and create a more favourable environment for hair growth

Importance:

Sterility & hygiene are critical. Using a microneedling device on the scalp holds risk of infection if not cleaned properly.

Needle depth too aggressive or too frequent sessions can cause damage rather than benefit (scarring, irritation).

Underlying scalp conditions (eczema, psoriasis, open wounds) may make this unsuitable until the issue is resolved



Ensure scalp is clean and the tool is properly sterilised (e.g., 70% isopropyl alcohol) before use. Pure Derma London+1
Select a needle-depth appropriate to your need (e.g., for mild thinning/early stage use smaller depth like ~0.25-0.5 mm; for more advanced thinning maybe 1.0 mm)

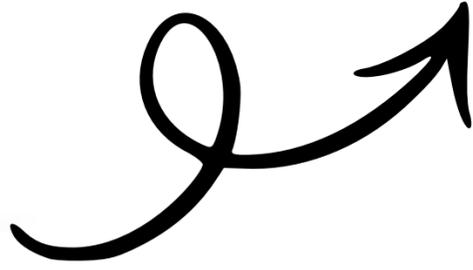
Stamp vertically (straight in/out) over the targeted scalp areas (hairline, crown, temples) rather than rolling sideways (which risks tangling hair). The stamp offers better precision for those areas.

After stamping, wait an appropriate time, then apply any topical hair-growth product if part of your routine. Since absorption is increased, you'll want gentle products and clean technique.

Frequency: Because you're creating micro-injuries the scalp needs healing time. E.g., 0.5 mm depth might be weekly; deeper depths much less frequent



Research indicates that rosemary oil is comparable in effectiveness to 2% minoxidil for hair regrowth over a 6-month period



Hair Growth:

Boosts blood circulation to hair follicles, helping hair grow faster and thicker. Can reactivate weak or dormant follicles in thinning areas.

Reduce Hair Loss & Shedding:

Strengthens roots and prevents breakage by nourishing the scalp.

Soothe the Scalp:

Helps with dandruff, itchiness, and dryness thanks to its antibacterial and anti-inflammatory properties.

Improve Shine & Strength:

Adds natural gloss, smoothness, and helps reduce frizz.

Enhance Product Absorption:

Can be massaged in after micro needling or used with a derma stamp (once the scalp has healed) for better penetration.



Scalp Massage: Apply a few drops to your scalp, massage gently for 5–10 minutes, and leave in overnight or for a few hours before washing.

Hot Oil Treatment: Warm slightly and apply to scalp and hair for 20–30 min before shampooing.

Mix with Carrier Oils: Combine with jojoba, coconut, or castor oil if it's a pure essential oil (rosemary essential oil is potent and should be diluted).

After Microneedling: Wait 24–48 hours before applying to avoid irritation.

⚠️ Tips

Use 3–4 times per week for best results.

Store in a cool, dark place.

Always patch-test first (rosemary can be strong for sensitive skin).

**🎀 BENEFITS OF A SCRUNCHIE
GENTLE ON HAIR: PREVENTS**

BREAKAGE AND SPLIT ENDS.



**REDUCES FRIZZ: SOFT FABRIC CAUSES
LESS FRICTION AND NO CREASES.**

**COMFORTABLE: DOESN'T PULL OR
CAUSE HEADACHES.**

**PROTECTIVE: GREAT FOR ALL HAIR
TYPES, ESPECIALLY CURLY OR FINE
HAIR.**

**STYLISH: DOUBLES AS A CUTE
ACCESSORY!**

TIPS:

**OTHER MATERIALS YOUR HAIR CAN
THRIVE IN INCLUDE, SATIN PILLOWCASE,
SATIN BONNET, MICROFIBRE TOWELS..**

**IMAGINE THE DAMAGE STOPPED WHEN
MAKING THESE SIMPLE
CHANGES....RAPUNZEL IS THAT YOU??!!**



**🌿 WHAT YOU CAN USE A HERBAL
HAIR MASK FOR
NOURISHING & MOISTURIZING:
HYDRATES DRY OR DAMAGED
HAIR.**

**STRENGTHENING: HERBS LIKE
AMLA, HIBISCUS, AND
FENUGREEK HELP REDUCE
BREAKAGE AND HAIR FALL.
SCALP HEALTH: SOOTHES
ITCHINESS, DANDRUFF, AND
BUILDUP.**

**HAIR GROWTH: STIMULATES
FOLLICLES AND PROMOTES
THICKER, HEALTHIER HAIR.
SHINE & SOFTNESS: LEAVES HAIR
SMOOTH, GLOSSY, AND EASIER
TO MANAGE.**

**HOW TO USE:
APPLY TO CLEAN, DAMP HAIR;
LEAVE ON FOR 20–30 MINUTES;
THEN RINSE AND CONDITION AS
USUAL.**



Scalp scrub



REMOVE BUILDUP:

IT HELPS REMOVE PRODUCT RESIDUE (FROM SHAMPOO, CONDITIONER, DRY SHAMPOO, ETC.), OIL, AND DEAD SKIN CELLS THAT REGULAR SHAMPOO MIGHT MISS.

EXFOLIATE THE SCALP:

THE GENTLE SCRUBBING ACTION HELPS SLOUGH OFF DEAD SKIN CELLS AND FLAKES, WHICH CAN REDUCE DANDRUFF OR ITCHINESS.

PROMOTE HEALTHY HAIR GROWTH:

BY UNCLOGGING HAIR FOLLICLES AND IMPROVING BLOOD CIRCULATION TO THE SCALP, IT CREATES A HEALTHIER ENVIRONMENT FOR NEW HAIR GROWTH.

BALANCE OIL PRODUCTION:

A CLEAN SCALP CAN HELP REGULATE SEBUM (OIL) PRODUCTION — USEFUL FOR BOTH OILY AND DRY SCALPS.

ENHANCE SCALP HEALTH AND COMFORT:

IT CAN HELP SOOTHE IRRITATION, IMPROVE MOISTURE BALANCE, AND LEAVE THE SCALP FEELING FRESH AND INVIGORATED.



HOW TO USE A SCALP SCRUBBER

**WET YOUR HAIR AND SCALP.
APPLY SHAMPOO OR SCALP
SCRUB.**

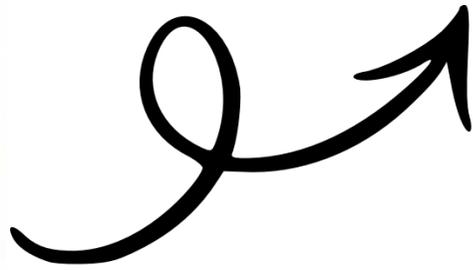
**HOLD THE SCRUBBER IN YOUR
HAND AND GENTLY MASSAGE
YOUR SCALP IN SMALL CIRCULAR
MOTIONS FOR 2–3 MINUTES.**

**RINSE THOROUGHLY AND
CONTINUE YOUR WASH ROUTINE.**

 **TIPS:**



**THINNER HAIR? ADD
SOME ROSEMARY
WATER AND MIX IT TO
BECOME LIGHTER**



MOISTURIZES AND SOFTENS HAIR

ADDS HYDRATION TO DRY OR COARSE STRANDS.

**HELPS REDUCE DRYNESS, BRITTLINESS, AND
BREAKAGE.**

CONTROLS FRIZZ AND FLYAWAYS

**SMOOTHS THE HAIR CUTICLE, KEEPING HAIR SLEEK
AND MANAGEABLE.**

**GREAT FOR HUMID WEATHER OR NATURALLY FRIZZY
HAIR.**

ADDS SHINE AND SMOOTHNESS

**LEAVES HAIR LOOKING HEALTHY AND POLISHED
WITHOUT FEELING GREASY.**

MAKES STYLING EASIER

HELPS DETANGLE AND MANAGE CURLS OR WAVES.

**PROVIDES A LIGHT HOLD TO SHAPE YOUR STYLE
(WITHOUT STIFFNESS LIKE GEL).**

PROTECTS FROM DAMAGE



HOW TO USE HAIR CREAM

START WITH CLEAN, DAMP OR DRY HAIR.

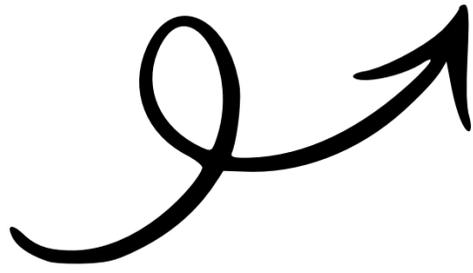
TAKE A SMALL AMOUNT (PEA- TO DIME-SIZED DEPENDING ON HAIR LENGTH).

RUB BETWEEN YOUR PALMS AND DISTRIBUTE EVENLY THROUGH YOUR HAIR — FOCUSING ON MID-LENGTHS AND ENDS (AVOID THE SCALP IF YOU HAVE OILY HAIR).

STYLE AS USUAL (AIR DRY OR BLOW DRY).



Argon oil



MOISTURIZES AND SOFTENS HAIR

RICH IN VITAMIN E AND ESSENTIAL FATTY ACIDS, ARGAN OIL DEEPLY HYDRATES DRY OR DAMAGED HAIR, MAKING IT SOFT AND SILKY.

REDUCES FRIZZ AND ADDS SHINE

SMOOTHS THE HAIR CUTICLE, CONTROLS FLYAWAYS, AND GIVES A NATURAL GLOSSY FINISH WITHOUT LOOKING GREASY.

PROTECTS FROM HEAT AND STYLING DAMAGE

ACTS AS A NATURAL HEAT PROTECTANT BEFORE BLOW DRYING, STRAIGHTENING, OR CURLING.

PREVENTS SPLIT ENDS AND BREAKAGE

STRENGTHENS HAIR STRANDS, REDUCING BREAKAGE OVER TIME WITH REGULAR USE.

MAKES DETANGLING EASIER AND HELPS TAME COARSE OR CURLY HAIR.

<p>Purpose</p>	<p>How to Use</p>	<p>When to Apply</p>
<p>Leave-in treatment</p>	<p>Rub 1–2 drops between your palms, apply to damp or dry hair (mid-lengths to ends).</p>	<p>After washing or before styling</p>
<p>Pre-shampoo mask</p>	<p>Apply a generous amount to dry hair, leave on for 30–60 minutes (or overnight),</p>	<p>Once a week</p>
<p>Heat protectant</p>	<p>Use a small amount before blow drying or heat styling.</p>	<p>Before heat exposure</p>
<p>Finishing oil</p>	<p>Smooth a drop or two on dry hair to reduce frizz and add shine.</p>	<p>After styling</p>



TIPS FOR DIFFERENT HAIR TYPES

STRAIGHT HAIR

STRAIGHT HAIR TENDS TO GET OILY FASTER BUT BREAKS EASILY IF OVERWASHED.

TIPS:

 USE LIGHTWEIGHT OILS (LIKE ARGAN OR JOJOBA) ON ENDS — HEAVY OILS CAN WEIGH IT DOWN.

 SHAMPOO 2-3 TIMES A WEEK TO KEEP THE SCALP CLEAR FOR GROWTH.

 LIMIT BLOW DRYING — LET YOUR HAIR AIR DRY WHEN POSSIBLE.

 TRIM REGULARLY, AS DAMAGE SHOWS QUICKLY ON STRAIGHT HAIR.

 USE A STRENGTHENING MASK ONCE A WEEK WITH KERATIN OR PROTEIN.

GROWTH FOCUS: KEEP THE SCALP CLEAN AND THE ENDS PROTECTED.

CURLY HAIR

CURLY HAIR IS NATURALLY DRIER AND MORE FRAGILE, SO RETAINING LENGTH IS KEY.

TIPS:

 MOISTURIZE DAILY OR EVERY OTHER DAY WITH A LEAVE-IN OR CURL CREAM.

 USE OILS LIKE ARGAN, COCONUT, OR OLIVE FOR SEALING MOISTURE.

 PROTECTIVE STYLES (BRAIDS, TWISTS, BUNS) HELP REDUCE FRICTION AND BREAKAGE.

 MASSAGE YOUR SCALP WITH WARM OIL WEEKLY TO BOOST CIRCULATION.

 AVOID HARSH SHAMPOOS — TRY CO-WASHING (CLEANSING WITH CONDITIONER).

GROWTH FOCUS: HYDRATION AND PROTECTION TO RETAIN THE LENGTH YOU GROW.

WAVY HAIR

WAVY HAIR NEEDS BALANCE — NOT TOO OILY, NOT TOO DRY.

TIPS:

 DEEP CONDITION WEEKLY TO PREVENT DRYNESS THAT LEADS TO BREAKAGE.

 USE A MICROFIBER TOWEL OR COTTON T-SHIRT TO DRY (LESS FRIZZ AND BREAKAGE).

 SCALP SCRUBS OR MASSAGES HELP STIMULATE FOLLICLES.

 DETANGLE GENTLY WITH A WIDE-TOOTH COMB, NOT A BRUSH.

 USE LIGHT OILS OR SERUMS TO LOCK IN MOISTURE ON THE ENDS.

GROWTH FOCUS: MOISTURE + GENTLE HANDLING TO PREVENT BREAKAGE

COILY / KINKY HAIR (TYPE 4)

THIS HAIR TYPE IS THE MOST FRAGILE — EACH CURL BEND IS A POTENTIAL BREAK POINT. FOCUS ON MOISTURE, LOW MANIPULATION, AND PROTECTION.

TIPS:

 KEEP HAIR MOISTURIZED — USE THE LOC METHOD (LEAVE-IN, OIL, CREAM).

 USE SATIN BONNETS, SCARVES, OR PILLOWCASES EVERY NIGHT.

 PROTECTIVE STYLES (BRAIDS, TWISTS, WIGS) — BUT DON'T KEEP THEM TOO TIGHT OR TOO LONG.

 DEEP CONDITION WEEKLY TO STRENGTHEN AND RESTORE MOISTURE.

 MASSAGE THE SCALP WITH CASTOR OR PEPPERMINT OIL FOR GROWTH.

 AVOID DAILY COMBING — DETANGLE GENTLY WITH FINGERS OR A WIDE-TOOTH COMB.

GROWTH FOCUS: RETAINING MOISTURE + MINIMIZING BREAKAGE = VISIBLE GROWTH.

DON'T FORGET THESE IF YOUR GOAL IS LONG HAIR.....

SCALP HEALTH

- MASSAGE SCALP 2-3× PER WEEK (USE ROSEMARY OIL)
- CLARIFY OR EXFOLIATE SCALP EVERY 2-4 WEEKS (SCALP SCRUB OR GENTLE SHAMPOO)
 - KEEP SCALP CLEAN AND BUILDUP-FREE (ROSEMARY WATER IS YOUR BEST FRIEND)
 - DON'T SCRATCH OR IRRITATE SCALP — USE FINGERTIPS, NOT NAILS

MOISTURE & STRENGTH

- DEEP CONDITION WEEKLY
- ALTERNATE BETWEEN MOISTURE AND PROTEIN TREATMENTS (FIND NATURAL ONES)
 - APPLY LEAVE-IN CONDITIONER OR CREAM TO ENDS AS NEEDED
- SEAL MOISTURE WITH A LIGHTWEIGHT OIL/NATURAL FLAXSEED GEL (TYPE 4 HAIR)
- AVOID WASHING HAIR WITH VERY HOT WATER — USE LUKEWARM (COLD IF BRAVE)

□ HANDLING & STYLING

- DETANGLE GENTLY FROM ENDS UPWARD
- USE A WIDE-TOOTH COMB OR DETANGLING BRUSH (FINGERS FOR TYPE 4)
 - AVOID TIGHT PONYTAILS, BRAIDS, OR BUNS THAT PULL ON ROOTS
- USE PROTECTIVE STYLES (BRAIDS, TWISTS, BUNS, WIGS) — NOT TOO TIGHT, NOT TOO LONG
 - LIMIT MANIPULATION — LESS BRUSHING, MORE GENTLE STYLING

HEAT & DAMAGE PROTECTION

- USE A HEAT PROTECTANT EVERY TIME YOU STYLE WITH HEAT (DRENCH IT)
 - KEEP HEAT TOOLS ON A MODERATE SETTING
 - TRIM SPLIT ENDS OR “DUST” HAIR EVERY 8-12 WEEKS
 - AVOID CHEMICAL OVERLOAD (BLEACH, RELAXERS, HARSH DYES)
- PROTECT HAIR FROM UV, WIND, AND CHLORINE WHEN OUTDOORS

NIGHT ROUTINE

- SLEEP ON A SATIN OR SILK PILLOWCASE
- WEAR A SATIN BONNET OR SCARF AT NIGHT
- LOOSELY BRAID OR TWIST HAIR BEFORE BED
- KEEP ENDS TUCKED AWAY OR PROTECTED WHILE SLEEPING

HEALTH & NUTRITION

- DRINK PLENTY OF WATER DAILY
- EAT ENOUGH PROTEIN (FISH, EGGS, BEANS, ETC.)
- INCLUDE IRON, ZINC, OMEGA-3S, AND BIOTIN-RICH FOODS
- MANAGE STRESS (MEDITATION, JOURNALING, EXERCISE)
- GET 7-8 HOURS OF SLEEP PER NIGHT

CONSISTENCY & MINDSET

- TAKE MONTHLY PROGRESS PICTURES (SAME LIGHTING, SAME ANGLE)
 - TRACK TRIMS AND TREATMENTS
- BE PATIENT — FOCUS ON LONG-TERM HEALTH, NOT QUICK FIXES
- CELEBRATE SMALL PROGRESS (THICKER, SHINIER, HEALTHIER HAIR COUNTS TOO!)

THE MORE YOU TICK OFF OF THIS CHECKLIST AND GO THROUGH IT DAILY, THE MORE HAIR YOU CAN RETAIN AND THE MORE YOU REMEMBER NOT TO MAKE THESE MISTAKES BECAUSE WITHOUT A REMINDER YOU WILL FORGET

My Testimony:

I started seeing amazing results only after carefully following these steps without skipping any. Keeping my hair protected and well-moisturized while washing, restyling, and putting it back into twists was very important. By sticking to this routine all week, I stopped worrying about my hair's growth because I knew it was doing well. This gave me confidence that I would soon have long, healthy hair.

THANKYOU, FOR READING ,

**PLEASE FEEL FREE TO CONTACT US BY
EMAIL AT LACEBYKEE@GMAIL.COM
FOR A ONE TO ONE GUIDE ON GROWING
OUT YOUR HAIR!**