



HOW TO HEAL YOUR HAIR

Beauty inspiration from real-life experience

by Morgan Wrenn

I know what you're thinking...what is she going to tell me that I haven't already heard a million times?

I've spent hundreds of dollars on the expensive products, shampoo, conditioner, heat protectant, hair spray, oils, creams and I still haven't found anything that has actually helped my hair!

Girl, I am here to give you all the answers and tell you what can actually help heal your hair! Not only what products you can use, BUT also what to do in your every day routine that can make a huge difference in the health of your hair.





Okay, let's talk about some of the reasons your hair might be feeling knotted, frizzy, tangly, dry, dull, like it never grows, and your just not having your best hair life!



reasons

REASON 1

FULL OF PLASTIC

REASON 2

ADDED FRAGRANCES

REASON 3

UNNECESSARY BUILD UP



products

Using drug store products can wreak havoc on your hair!

Know that your products can play a huge part in why your hair might be feeling this way.

There are a few reasons for this: Many drug store products are full of **plastics, fragrances** and just **junk** that stick to your hair and makes all of your problems worse.

KEEP READING





Imagine putting liquid plastic on
your hair every time you wash.
... then you dry it
... curl it or flat iron it.

You are constantly **reheating plastic
on your hair**, burning it and
untimely causing a burnt plastic
buildup on your beautiful hair.

AND the cheap fragrances can
cause skin irritation issues
and rashes on your scalp too!

↓
THERE'S MORE
↓





BUT first, I have to
talk hair tools....

KEEP READING



hair tools

Your hair hot tools can be like your best friend or like that cheap drink that leaves you with a headache for days!

Would you really choose the cheap drink if you knew you'd feel miserable days later? **Of course not!**

The most important thing to remember about your hot tools is that they must come with **temperature control!**



Having control of how much heat is on your hair is so important!

More heat doesn't equal a faster style, bigger hair or a better result. It just means it's hotter.

Now, the type of **metals**, **ions** and what the tools are **plated** is a little more complicated, and honestly not super important for you to know.

BUT since I'm the professional here, I have linked my hands down favorite tools for you! Know this first...





...here comes the gold...

***I'm giving you the exact
formula that I give to all my
clients!***

↓
LEARN MORE
↓



tip # 1

**SHAMPOO ONLY
YOUR SCALP!**

tip # 1

shampoo

That's right, only your scalp! I know the lather is fun, but we can just leave that for your body. Stop *drying out your ends girl!*

↓ I RECOMMEND... ↓

Matrix - Biolage Hydrasource Shampoo ([click here](#)) as just one way to help heal your hair.



tip #2

**USE A
DETANGLER
INSTEAD OF
CONDITIONER**

tip #2

conditioner

Regular conditioner acts more like a lotion, making your hair feel and smell good, BUT it doesn't really pack that moisturizing punch!

↓ I RECOMMEND... ↓

Matrix - Biolage Hydrasource Detangling Solution ([click here](#)) in place of your conditioner.





I saved the BEST for last!!

**I cannot stress this
enough...this is THE
most important step!**

KEEP READING



tip #3



MARROCCAN OIL!

tip #3



oil

Yes Oil! Don't be afraid! I know we are constantly avoiding our hair looking oily...**BUT** this is going to heal your hair without causing you to look like a drowned rat! I promise!

STEP 1

PUT 2 PUMPS IN
YOUR **DRY** HAIR AT
BED TIME

That way, while you're sleeping, it's doing the work for you!



STEP 2

AFTER YOUR SHOWER
WAIT UNTIL YOUR
HAIR IS 70% DRY AND
ADD IN 3 PUMPS.

If your hair is above your shoulders then 2 pumps.

↓ I RECOMMEND... ↓

Moroccanoil Treatment
([click here](#))





This is all you need. Don't over do it! More product will just waste it, so **consistency** is key!

As your hair starts to feel better (after 1-2 months), then you can just do 1 pump on dry hair before bedtime!





Beauties,

Your hair is about to be as healthy as ever. ***I can't wait to see your hair transformations!***

Morgan Wrenn

P.S. Want to shop my recommended hair tools? [Click here!](#)

