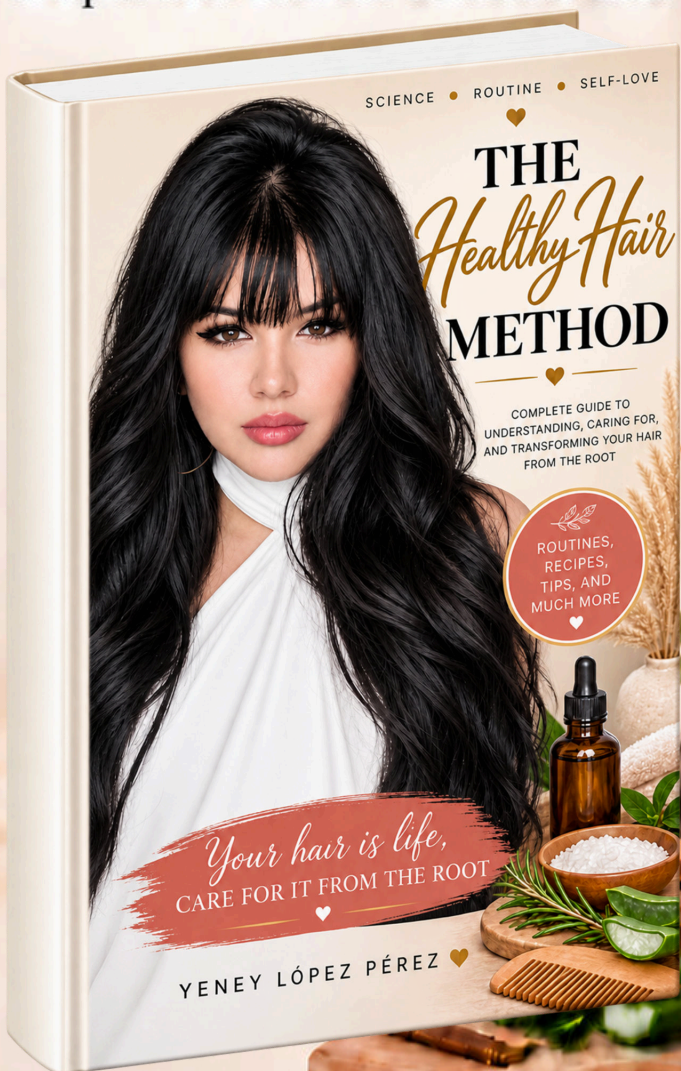
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Choose your preferred format and discover more tips, recipes and care for healthier hair.



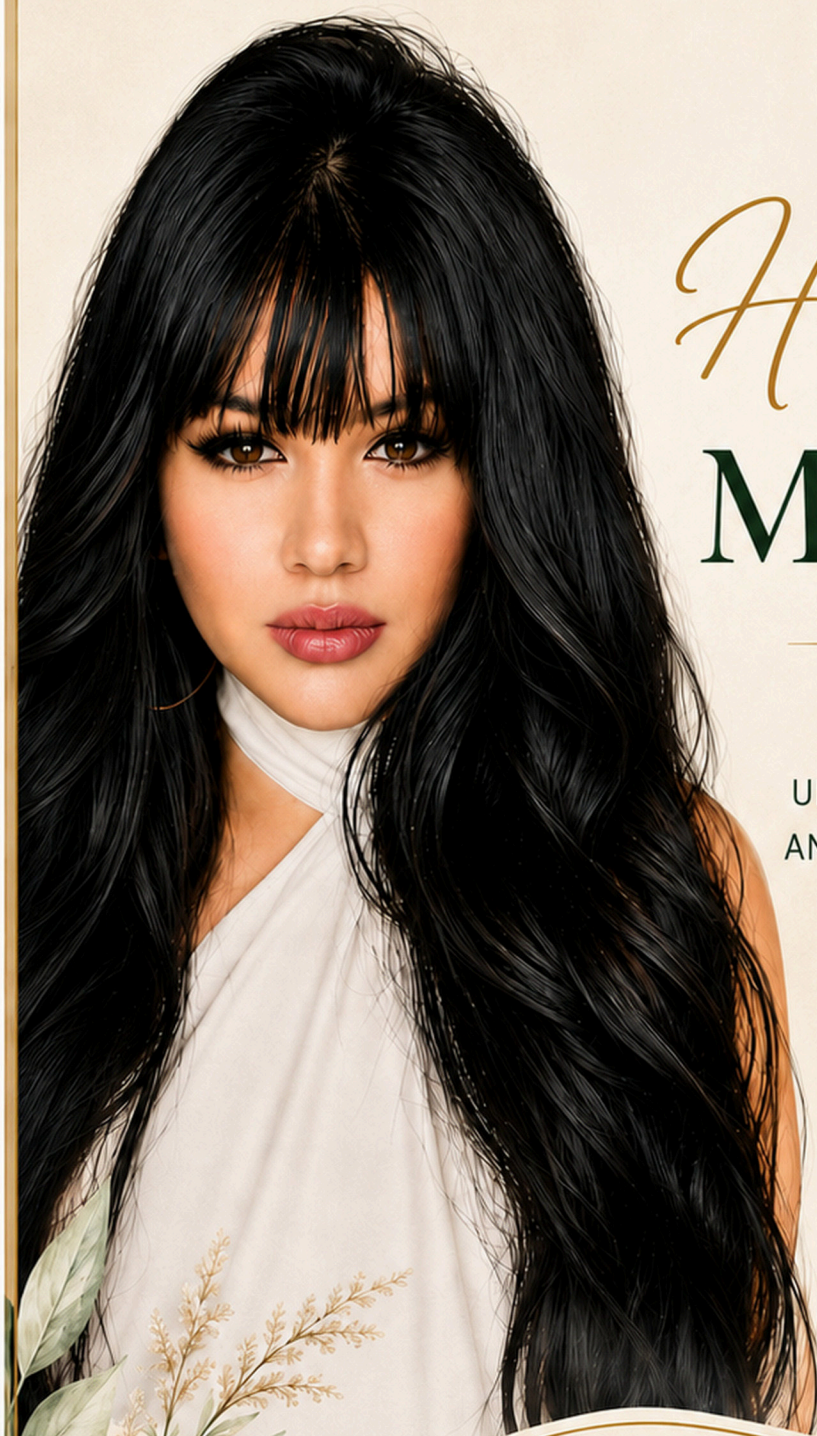

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SCIENCE • ROUTINE • SELF-LOVE



# THE *Healthy Hair* METHOD

A COMPLETE GUIDE TO UNDERSTANDING, CARING FOR, AND TRANSFORMING YOUR HAIR FROM THE ROOT.

ROUTINES, RECIPES, TIPS, AND MUCH MORE.



YENEY LÓPEZ PÉREZ

# Dedication

To my Ellie Victoria,

*my dream come true.*

To my husband and my family,

*for walking beside me with*
*unwavering support and endless love.*

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THE HEALTHY HAIR METHOD

# Welcome

These pages are devoted to one main subject: your hair. You will learn to understand it, protect it, and create a routine that promotes softness, shine, and resilience.

You will also find natural recipes to complement your hair-care routine, with ingredients, quantities, application methods, frequency, and precautions explained clearly.



*What we are going to care for*

01 • SCALP

02 • HAIR FIBER AND ENDS

03 • HYDRATION AND SHINE

04 • BREAKAGE PREVENTION

05 • NATURAL RECIPES

> *"The goal is not to chase perfect hair, but to learn how to care for your own hair better."*

*The Healthy Hair Method*

# ABOUT THIS BOOK

Important information for using this guide consciously and responsibly.



This book combines **hair-care education, cosmetic practices, and personal experience.** When scientific evidence is mentioned, the book distinguishes between what has been studied directly and what has only limited evidence or a reasonable cosmetic benefit.

## WHAT DOES THIS BOOK COVER?

It addresses hair loss from a comprehensive perspective: possible causes, key ingredients, effective routines, homemade recipes, daily habits, and emotional well-being.



## WHAT WILL YOU LEARN?

You will learn to understand your scalp and hair, choose ingredients with a purpose, create personalized routines, and build habits that support healthy, sustainable hair growth.

## HOW SHOULD YOU USE THIS GUIDE?

Use it as a practical and flexible tool. Explore, experiment, take notes, and adjust the routines to your needs. Consistency and patience are your best allies.

## REMEMBER

Every head of hair is unique. The most important thing is to listen to your body, stay informed, and care for yourself with love. This journey is also an act of self-love.

*"Getting to know your hair also means learning to care for it with patience, good judgment, and consistency."*

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First edition — The Healthy Hair Method.
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# About the Author

## *Hello! I am Yeney López-Pérez.*

I am a content creator who is passionate about hair care. For years, I have researched, learned, and experimented with different routines and ingredients to better understand the needs of my own hair.

This book grew out of that process: experience, consistency, and the desire to share with you what I have learned.

This is not about empty promises, but about knowledge, discipline, and self-love.

*"If I was able to transform my hair, you can do it too."* ♡

## MY MISSION

To help you care for your hair with greater knowledge, intention, and consistency.

♡

MADE WITH LOVE, FOR YOU.

# Hair Inspiration

On the following pages, I want to share some photographs of my hair after following several of the care practices and treatments presented in this book.

More than just pictures, they are a way to show you that consistency, self-love, and the right routine can help you achieve hair that looks healthier, shinier, and more beautiful.

My hope is to inspire you to continue caring for your hair with patience, intention, and dedication, always remembering that every small effort can produce results.

*Your hair can flourish*
*with love and consistency too.*

# Results from My Routine

Some visible results after following several of the care practices and treatments shared in this book.













CHAPTER 1

# FOUNDATIONS OF HEALTHY HAIR



## *Everything begins at the root.*

Strong, shiny, vibrant hair is not a matter of luck or expensive products. It is the result of knowledge, consistency, and conscious choices.

In this chapter, you will discover the essential principles for understanding your hair from the root and building a solid foundation for its long-term health.

### IN THIS CHAPTER

- **KNOWLEDGE:** Understand the structure of your hair and its real needs.
- **PRACTICE:** Apply daily habits and routines that make a difference.
- **CONSISTENCY:** The key to progress is sustained discipline over time.

*It is not about having perfect hair;*
*it is about giving your hair what it truly needs to be healthy.*

# HEALTHY SCALP



## EVERYTHING BEGINS AT THE ROOT

A balanced scalp is the fertile ground from which strong, shiny, resilient hair grows.

Caring for it is not merely a cosmetic concern; it is part of comprehensive hair health.

In this chapter, you will learn about its structure, functions, signs of imbalance, and how to establish a routine that keeps it in its best condition.

Here you will discover:

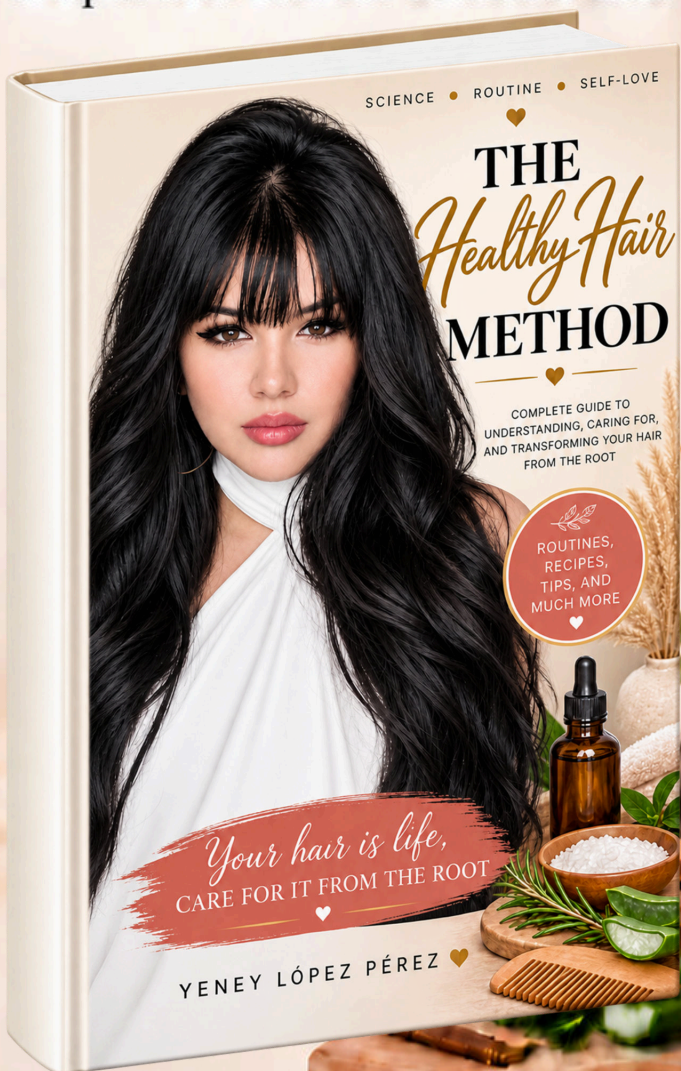
- What the scalp is and why it is so important.
- Its main functions.
- Warning signs you should not ignore.
- The best habits for keeping it healthy and balanced.

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CHAPTER 2

# CARE, PROTECTION, AND DAMAGE PREVENTION

Protect what you are building.

Essential practices and habits to protect your hair from daily damage, strengthen it, and prevent common problems.

**IN THIS CHAPTER**

Knowledge • Practice • Consistency



# HEAT PROTECTION

*Take care of your hair, preserve your health*

Excessive heat weakens the hair fiber, alters its structure and eliminates natural moisture.
This causes dryness, split ends, frizz, and loss of shine.
**Protect your hair before heat is key to keeping it strong and healthy.**

## WHY IS IT IMPORTANT TO PROTECT IT?

Heat breaks down the bonds in the hair fiber, dehydrating it and damaging the cuticle.

### HEALTHY HAIR

Closed, hydrated cuticle and flexible. Reflects light, looks bright and silky.



### HEAT DAMAGE

The cuticle begins to open. Hair looks dull, opaque, rough, and frizzy.



### SEVERE DAMAGE

The hair fiber is very damaged and porous. Split ends and breakage appear.



## IT PROTECTS BEFORE, DURING, AND AFTER

### HEAT PROTECTANT SPRAYS

Form a light barrier that protects against heat and reduces damage.

### LIGHTWEIGHT SERUMS

Provide control, shield from frizz, and protect without weighing the hair down.

### PROTECTIVE CREAMS / LOTIONS

Moisturize, smooth, and create a protective layer ideal for heat styling.

### LIGHTWEIGHT OILS

Nourish and seal the cuticle, protecting against heat and adding shine.

## BEFORE USING HEAT

1. Cleanse and hydrate your hair. Clean, nourished hair is more resistant to heat.
2. Remove excess moisture. Towel-dry or use a blow dryer on cool setting. Never apply heat on wet hair.
3. Apply your heat protectant. Distribute evenly from mid-lengths to ends.
4. Gently detangle. Use a wide-tooth comb to prevent breakage.

## WHAT YOU SHOULD NOT DO

- **USE MAXIMUM TEMPERATURE.** Extreme heat burns the hair fiber and causes irreversible damage.
- **APPLY HEAT TO WET HAIR.** Water inside the hair turns to steam and weakens it from the inside.
- **RUN THE FLAT IRON TOO MANY TIMES.** Repeating heat on the same section breaks the hair and weakens the fiber.
- **USE HEAT EVERY DAY.** Frequent use does not give hair time to recover.
- **DO NOT USE HEAT PROTECTANT.** Leaving hair unprotected exposes it directly to damage.

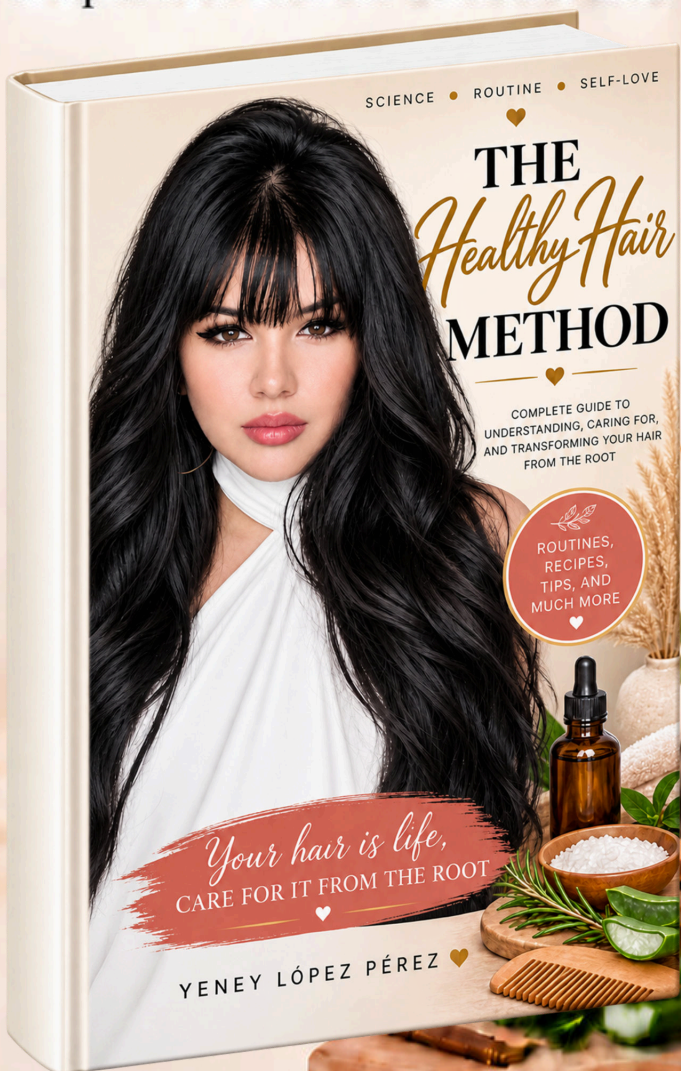
*Always use the lowest temperature that works for your hair type.*

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CHAPTER 3

# EVIDENCE-BACKED RECIPES

## Nature, criteria and consistency.

Natural recipes formulated with carefully selected ingredients to nourish, strengthen and support your hair care routine.

**IN THIS CHAPTER**

Knowledge • practice • consistency



# Summary of the Recipes

These 15 natural recipes have been selected to provide you with effective and gentle solutions for comprehensive hair care. Each one is formulated with natural ingredients and designed to nourish, strengthen, balance, and beautify your hair in a mindful and loving way.

Explore, choose the ones that best suit your needs, and turn your hair routine into a ritual of well-being.



**IN THIS CHAPTER YOU WILL FIND:**

- 15 natural recipes for hair care.
- Easy-to-find ingredients.
- Specific benefits for each need.
- Ideas to incorporate them into your routine.

## 15 NATURAL RECIPES FOR YOUR HAIR



### Stimulating toner with rosemary and coffee

Stimulates growth and strengthens the hair follicle.



### Rice water and aloe vera

Strengthens hair fiber and improves hair elasticity.



### Aloe vera gel moisturizer

Deeply moisturizes and defines curls naturally.



### Dry scalp problems

Natural solutions to soothe, balance, and purify the scalp.



### Batana oil

Rich in fatty acids, nourishes deeply and strengthens hair.



### Ginger

Activates blood circulation and stimulates hair growth.



### Aloe vera mask, coconut oil, and rice protein

Powerful combination to nourish, repair, and protect hair.



### Apple cider vinegar rinse with apple and rosemary

Balances pH, adds shine, and seals the hair cuticle.



### Strengthening toner with rosemary and clove

Strengthens roots, reduces hair fall, and improves hair density.



### Strengthening toner with nettle and horsetail

Provides essential nutrients and strengthens hair fiber.



### Batana oil and rosemary

Nourishes, softens, and provides proteins that strengthen hair.



### Fortifying rice rinse

Adds shine, strength, and improves hair texture.



### Aloe vera gel moisturizer

Moisturizes, defines, and improves the natural elasticity of your curls.



### Strengthening nettle infusion

Fortifies the scalp and helps reduce hair fall.



### Antioxidant green tea infusion

Protects hair from environmental damage and strengthens it from the roots.

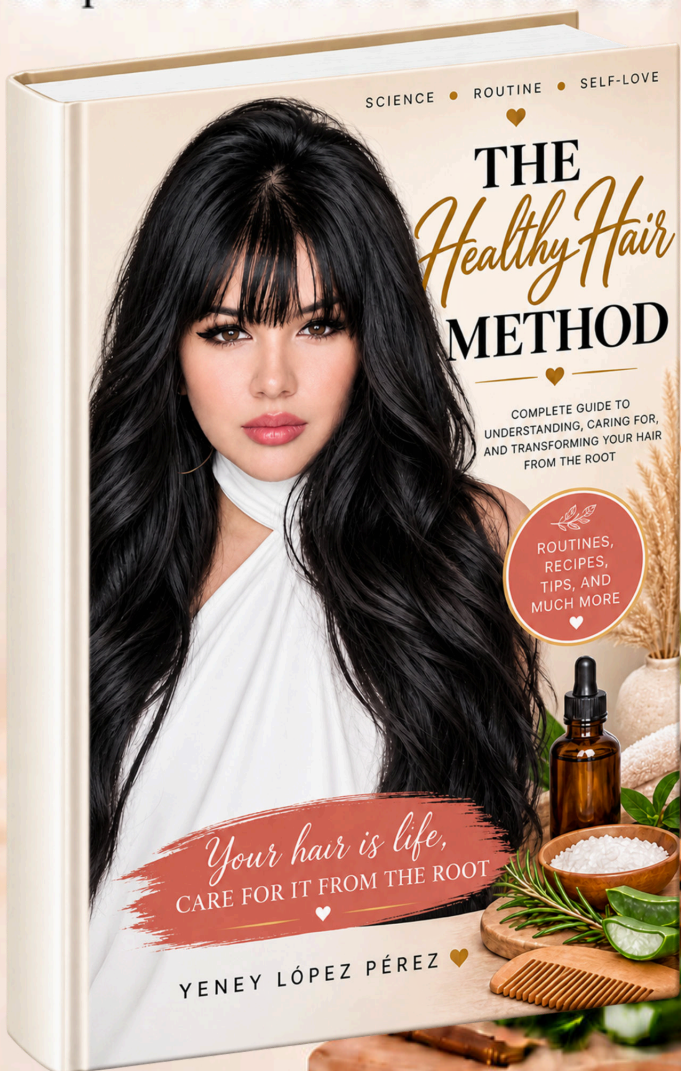
*Simple ingredients. Real results.* *Beauty that comes from nature.*

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CHAPTER 4

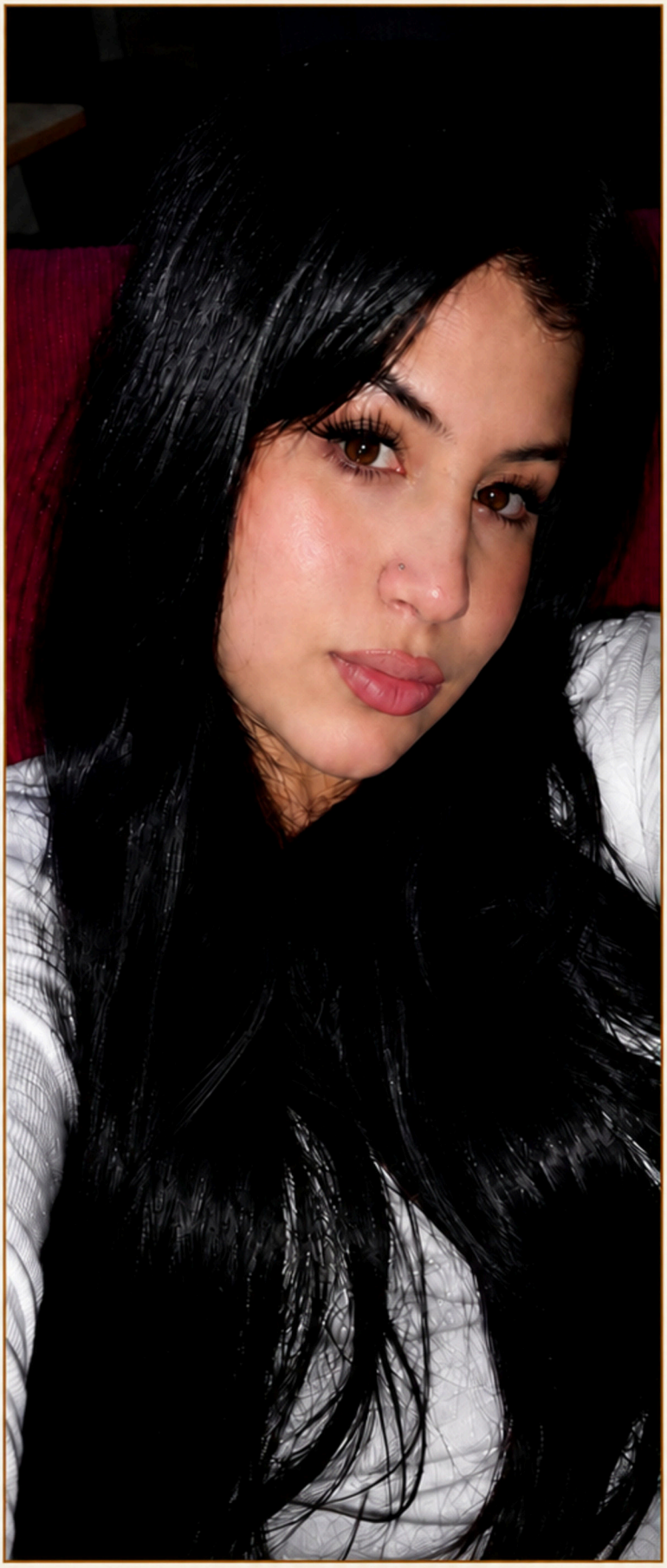
# KNOW AND PERSONALIZE YOUR ROUTINE

Your hair has unique needs.

Know its characteristics and create an effective routine that adapts to you.

**IN THIS CHAPTER**

Knowledge • practice • consistency



# HOW TO CREATE YOUR PERSONALIZED HAIR ROUTINE



**THERE IS NO ONE PERFECT ROUTINE FOR EVERYONE, BUT THERE IS THE PERFECT ROUTINE FOR YOU.**

Your hair is unique and changes over time. That's why the key is to know its characteristics and needs to choose the right ingredients, products, and habits that truly benefit it. This guide will help you adapt the recipes and recommendations in this book to your hair type.

### KEY PRINCIPLE

An effective routine does not depend on the number of products, but on consistency, the right combination of ingredients, and listening to what your hair needs.

## 1. KNOW YOUR HAIR

To personalize your routine, first identify your hair's main characteristics.

### A. HAIR PATTERN



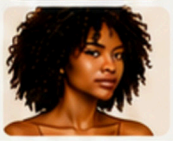
**STRAIGHT (1A–1C)**
Reflects more oil. Tends to be finer and with less natural volume.



**WAVY (2A–2C)**
Has an "S" shape. Needs light hydration to define waves.



**CURLY (3A–3C)**
Curly and elastic curls. Tends to be drier. Needs hydration and constant nourishment.



**COILY (4A–4C)**
Very tight coils or zigzag. This pattern is more fragile and needs much hydration and care.

### B. HAIR THICKNESS



**FINE**
Each strand is thin. It can get weighed down easily and is more sensitive to damage.



**THICK**
Each strand is thicker and more resistant. But it can be drier and harder to hydrate.

### C. HAIR CONDITION

**DRY**
Lacks hydration and nutrition. It is dull, rough, and frizzy.

**OILY**
Produces excess sebum. Greasy roots, tips can be normal or dry.

**COMBINATION**
Greasy roots and dry ends. Most common type.

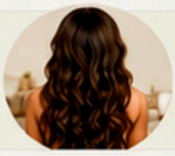
## 2. HOW TO ADAPT YOUR ROUTINE *TO* YOUR HAIR

Use this guide as a starting point to adjust the recipes and techniques in this book.

| | STRAIGHT | WAVY | CURLY | COILY |
|---|---|---|---|---|
| **HYDRATION** What does it need? | Light hydration with ingredients like aloe, rice water, and peppermint. | Moderate hydration to define frizz-free waves. | Deep and frequent hydration to maintain definition. | Very deep hydration and sealing to prevent shrinkage. |
| **NUTRITION** What does it need for strength and softness? | Light nutrition with light oils like jojoba or argan. | Moderate nutrition with oils like coconut, argan, or avocado. | Constant nutrition with butters and vegetable oils. | Intense nutrition with butters and oils (shea, karité, castor). |
| **PROTEINS** Why? | Proteins every 3–4 weeks to strengthen. | Proteins every 3–4 weeks to maintain elasticity. | Proteins every 4–6 weeks to strengthen the strand. | Proteins every 6–8 weeks depending on needs. |
| **WASH FREQUENCY** | Every 2–3 days depending on oil production. | Every 3–4 days or when needed. | Every 4–7 days or co-wash between washes. | Every 7–10 days or according to your routine. |
| **RECOMMENDED TREATMENTS** | Light masks, clarifying and tonic rinses. | Moisturizing masks and definition enhancers. | Nourishing masks, leave-in and natural gels. | Deep masks, pre-poo and moisture sealing. |

### REMEMBER

- Listen to your hair. What works today can change tomorrow.
- Less is more. You don't need many products, just the right ones.
- Consistency is your best ally. Results come with time.



*Your ideal routine is not about following strict rules, but about creating habits that respect your hair's natural nature and make it feel good every day.*

### IN THE NEXT PAGES:

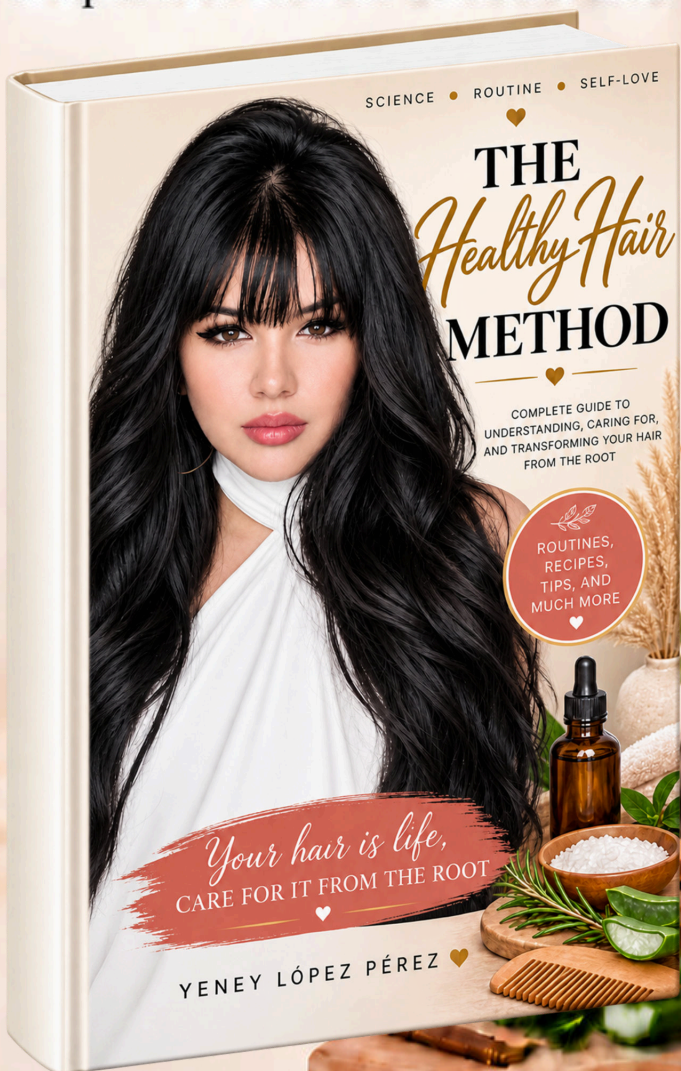

- Hair porosity: what it is and how it affects your routine
- Hair scalp: how it can make a difference
- The hair growth cycle
- Signs that your routine needs adjusting by a professional

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CHAPTER 5

# TRACKING AND RESULTS

## What gets measured, can improve.

Observe your progress, evaluate changes and adjust your routine with intention and consistency.



**IN THIS CHAPTER**

Knowledge • practice • consistency

*The Healthy Hair Method*

# 90-DAY PROGRESS JOURNAL

## YOUR TRANSFORMATION, STEP BY STEP.

This journal is designed to help you observe and celebrate each small step forward in your hair routine. Consistency, good habits, and patience are the key to seeing real and lasting results.




### KEY IDEA

What isn't measured, doesn't improve. Recording your progress allows you to identify what works, what to adjust, and how your hair responds to your routine and lifestyle.

## HOW TO USE THIS JOURNAL?

**1 TAKE PHOTOS**
Take a front photo, left side, right side, and back of your hair with good natural light that shows clearly and every 30 days. Always use the same space and hairstyle.

**2 RECORD**
Complete each section honestly. Observe your hair's fall, shine, softness, and any change you notice in your scalp and overall hair health.

**3 NOTE YOUR ROUTINE**
Write down the products you use, the treatments, habits, and changes you make to your routine during each period.

**4 OBSERVE PATTERNS**
Review your records to identify which habits or products give you the best results and which ones you may need to adjust or eliminate.

**5 CELEBRATE YOUR PROGRESS**
Each small step counts. Celebrate your consistency, acknowledge your commitment, and trust the process.

## WHAT TO EVALUATE

**EXCESSIVE HAIR FALL**
Observe the amount of hair you lose on average per day (on the brush, in the shower, or when waking up).

**BREAKAGE**
Assess the amount of broken hair, split ends, and fragility.

**SHINE**
Assess the natural shine level of your hair on a scale from 1 to 5.

**SOFTNESS**
Assess how soft and manageable your hair feels on a scale from 1 to 5.

**ROOT STRENGTH**
Observe the strength of your roots, less breakage, and longer retention.

**ROUTINE CHANGES**
Note the products, treatments, eating habits, and lifestyle changes that may influence your progress.

## YOUR 90-DAY PLAN

### DAY 1–30
*Fundamentals*

- Focus on consistency in your routine.
- Observe and record your first changes.
- Adjust habits and products according to what your hair needs.

SOLID BASE

### DAY 31–60
*Transformation*

- You'll see more visible changes in your health and appearance.
- Go deeper into treatments and nutrition.
- Keep recording and adjusting.

REAL PROGRESS

### DAY 61–90
*Results*

- Consolidate your healthy habits.
- Evaluate your progress and celebrate.
- Design your ideal routine to maintain your results.

YOUR BEST VERSION

### EXTRA TIP

Lighting, your emotional state, diet, and sleep habits affect your hair. Take care of your body, your mind, and your habits: your hair reflects that balance.

*Trust the process. Consistency today is tomorrow's result.*

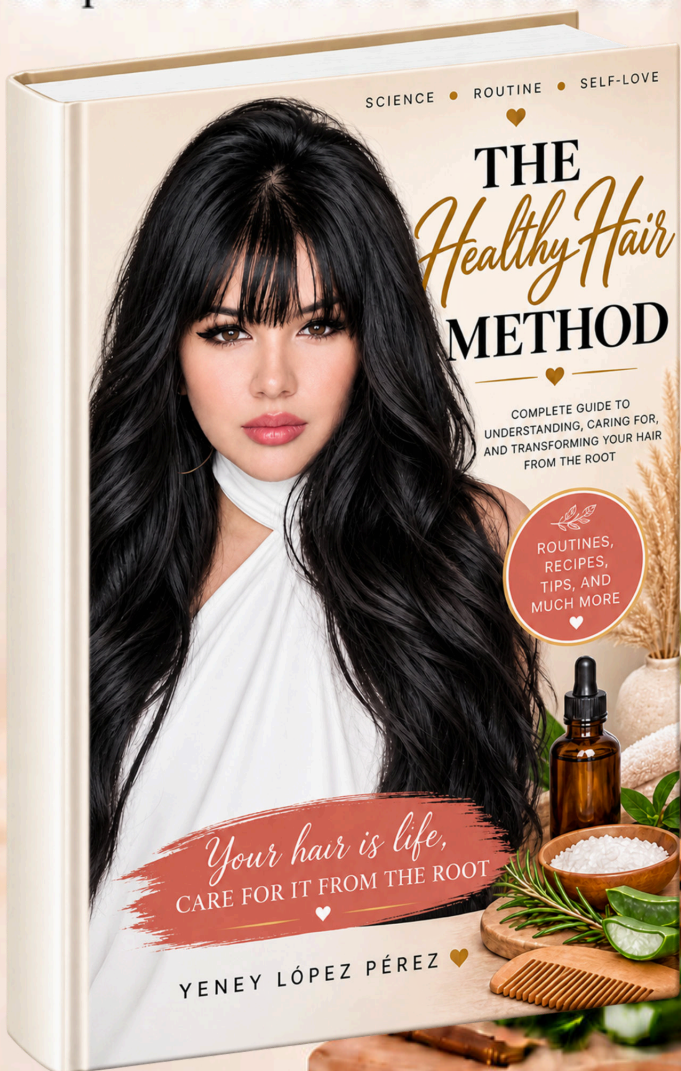
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CHAPTER 6

# CLOSURE AND ACKNOWLEDGMENTS

## Your consistency will make the difference.

Thank you for trusting in this method and allowing it to be part of your journey toward healthier, stronger, and more beautiful hair.



IN THIS CHAPTER

Knowledge • practice • consistency

# THANK YOU

*for being part of this journey* ♡

**We've reached the end of these pages, but taking care of your hair continues with you.**

I hope this book has helped you learn more, listen to it, and, above all, care for it with patience, consistency, and knowledge.

**There is no perfect routine for everyone.**

There is what you learn to build by observing what your hair needs and making informed decisions.

**Thank you for letting me share part of my experience with you and everything I learned during this journey.**

♡

Take care of your hair, but also *enjoy* it.
Because your hair is life, personality, and a beautiful way to express who you are.



*With love,*

*Yeney López Pérez* ♡

THE HEALTHY HAIR METHOD

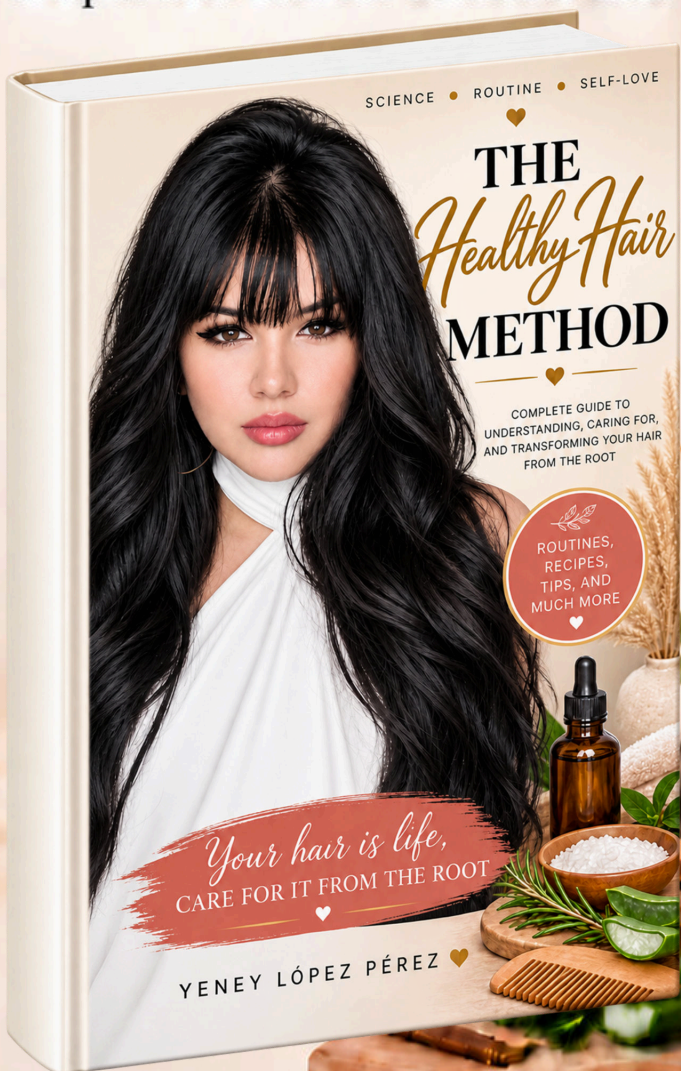
*Information is power, but action is transformation.*
*You choose to take care of yourself. Tomorrow, your best version will thank you.* ♡

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