

# Asha's Trichology Newsletter

## Trichology Center

Where Health is Wealth

A new year means new beginnings! Exfoliation is how we renew our skin. It is the largest organ of our bodies. A scalp exfoliation is an excellent way to begin the year. Remove dry skin to allow moisture to be obtained better. We will be taking our hair and scalp care conversation to podcast! Do you have topics you would like discussed? Email topics to [ashastrichologycenter@gmail.com](mailto:ashastrichologycenter@gmail.com).

We now carry the Nutrafol brand of supplements. Nutrafol provides an all natural support of nutrients for your body to grow a healthier fuller strand of hair. Women have 3 formulations. Women, Women's Balance, and Postpartum. Men have a specialized formula as well. Not sure what you may benefit most from? Let's have a zoom consultation. Quarterly consultations will be held for those

The aquatic mister is excellent for hydrating dry hair and scalp. It uses a much smaller water molecule for a better hydration. The oxygen treatment is beneficial to hair follicles, boosting hair growth.

Trichology consultations may be scheduled as in person or via zoom. Zoom consultations are encouraged. All appointments can be booked online at [www.ashasinc.com](http://www.ashasinc.com). You may text, call or email the Trichology Center at **404.566.8831** [ashastrichologycenter@gmail.com](mailto:ashastrichologycenter@gmail.com) (Instagram [@ashas\\_trichology\\_center](https://www.instagram.com/ashas_trichology_center) or, Facebook & YouTube: **Asha's Trichology Center**) **Your scalp is the soil from which your hair grows."**



### Health & Wellness Tips:

- Regularly cleaning your hair and scalp promote hair growth.
- Winter months often call for the need of a mask in place of your normal conditioner. Apply directly to your scalp to help alleviate a dry, itchy, flaky scalp.
- Taking supplements at the same time each day will yield the best results.