Healthy Follicle Habits

Build everyday routines for diet, care and lifestyle that nourish your follicles and help maintain a balanced scalp.

DID YOU KNOW?
Hair concerns are rarely caused by a single factor. Nutrition, stress, hormones, scalp health and genetics can all influence follicle performance.

Three Simple Habits to Start Today

Prioritise protein. Hair is primarily made from protein, making adequate intake an important part of healthy hair production.

Respect your scalp. Avoid excessive irritation, harsh treatments and unnecessary product build-up.

Protect your recovery. Quality sleep and stress management support overall wellbeing and healthy hair cycling.

The Bigger Picture

If thinning, shedding or scalp symptoms persist, there may be deeper factors involved. Understanding the cause requires more than internet advice and often benefits from a personalised assessment.

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The Pocket Trichologist
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