

# Hair Loss Recovery Plan: How to Make Your Journey Faster and Easier

*This is an extra resource to go along with the original article:*

[Why Hairmop is a Unique Hair Loss Treatment](#)

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You've decided to address your hair loss. Great! Here are several important steps to follow to improve your chances of halting your hair loss and recovering your hair.

## **Step 1: Follow Your Treatment Program**

Your treatment program takes time before you start seeing results. Some guys don't see improvement for six months or longer. It's important to stick with your regimen, even if you don't see results right away. If you stop your treatment, you'll lose all the ground you gained. Build your regimen into your daily routine so you follow it religiously.

## **Step 2: Eat Well and Drink Lots of Water**

Your diet affects everything that goes on in your body, especially hair loss recovery. Fill your plate with protein, healthy fats, and lots of nutrient-rich fruits and vegetables. Avoid trans fats, carbohydrates, and refined sugars. Make sure to drink seven or eight glasses of water every day. This will create the best environment for hair growth.

## **Step 3: Use Gentle Hygiene and Beauty Products**

When you're dealing with hair loss, it's important to handle your hair gently. Any hair you break or rub off may not come back quickly or at all. Use gentle soaps and conditioners in your hair. Avoid using products, but if you have to, use them sparingly. Be gentle when you dry your head or brush your hair so you don't break hairs unnecessarily.

## **Step 4: Give Yourself a Regular Scalp Massage**

To create the healthiest environment for hair to grow, it's important to keep blood and nutrients flowing to your scalp. Give yourself a gentle scalp massage once a day to stimulate blood flow. Work your fingertips along your scalp in a gentle, circular motion. You can also use a head massager. Do this while you're showering, watching TV, or exercising.

## **Step 5: Stop Thinking About It**

Once you've done everything you can to boost your hair loss recovery, it's out of your hands. Let the treatment and your body do its thing. All that's left for you to do is put it out of your mind and focus on enjoying your life. Try to accept that your current hair situation is the best you'll ever see. That way you can only be satisfied when you start seeing improvement.