

How to Get the Most Value Out of Your Hairmop Subscription

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

[Why We Created Hairmop](#)

Follow these steps to make the most of your Hairmop subscription. Along with your treatment program, this advice will help you halt your hair loss, regrow as much hair as possible, and restore your self-confidence.

1. Follow Your Treatment Program Religiously

It's important to follow the instructions of your treatment program. We tailor our programs for each customer, so your routine may not be the same as someone else using Hairmop. Follow the instructions from your packaging and the advice from your consultation.

2. Read the Educational Material

If we provided you with any educational material or links, it's important that you consume that information. It may contain knowledge about *how* we're treating your hair loss or instructions specific to your unique situation.

3. Take Photos Every Week

Hair is tough to judge because it grows so slowly. You won't notice thicker shafts and new vellus hairs at a glance, so it helps to take regular photos to track your progress. These will help you see that the treatment works, which you'll find encouraging. Take photos of your thinning spots under the same type of lighting and at the same angles.

4. Show Up for Your Follow-Ups

Take advantage of the follow-up check-ins with our nurses and staff. Be honest about your progress and your needs. They may change your treatment program based on your results, or they may encourage you to stick with what you have. Their advice is invaluable and part of the package, so take advantage of it.

5. Try Not to Think About Your Hair Loss

One of the main benefits the Hairmop treatment program provides is peace of mind. If you're using our system, you're doing everything you can to treat your hair loss. There's no need to visit hair loss clinics, troll the web for a hidden solution, or bother your friends for tips about hair maintenance. Do your best to not think about hair loss and get on with your life.