

## Directions for XTC Hair Rejuvenation Systems

1. **Scalp Prep-** Use 10-15 minutes prior to shampooing. Use glue top, open only slightly to allow a few drops of the formula at one time. Part hair in center from top to nape of neck and place 10-15 drops along parting. It should run down and cover most of the head. If needed feel free to use more. Leave on for 10-15 minutes, allowing it to dissolve the sebum and build up. For those with scalp conditions or dandruff can be left on longer to prevent dryness, itchiness, or flakes.
2. **Bi-Cure Shampoo / PURE Shampoo-** Use approximately a quarter size in hand and dispense throughout head onto scalp. Add water and gently work into a foam/lather. Without sulfates it may not lather the way you are used to. This does not mean it is not getting clean. Rinse and Repeat if needed.
3. **(if using) Nourish + Conditioner (included w/Xtreme Hair Strengthening & Cleansing System, or Xtreme Hair Boost System) -** Use as a daily conditioner or as a weekly intense treatment. The longer you leave it on the better it works. Use quarter size amount and dispense onto scalp first. Massage into scalp gently for nourishment of the follicles. Pull conditioner thru to ends. Allow to stay in hair for 3-5 minutes for daily, or for 20-30 minutes for intensive treatment. Rinse with cooler water.
4. **(If using) Xtreme Hair Strengthenener (included w/Xtreme Hair Strengthening & Cleansing System) –** Blot dry hair with towel, do not rub dry. Spray generously into hair, and onto ends. Will improve tensile strength and elasticity for wet combing and heat styling. Also, can be used on synthetic and human hair pieces, wigs, extensions, and systems as a freshener and conditioner.
5. **Xtreme DHT Inhibitor + Total Hair Nutrient –** Suggested to take with food. Take one pill in the am, at or around breakfast, and another with dinner for the best protection against DHT around the clock. If not practical, then 2 at a time ok. Contains zinc like must multi-Vitamins, it can cause stomach upset (5% of people) so taking it with food can often prevent and increase absorption of the nutrients.
6.
  - A. **XTC Hair Boost / Boost + –** Should be used on dry scalp. Using the dropper applicator, which is self-measured, place under hair, directly upon the scalp in your troubled and surrounding areas. Can use dropper to gently rub into scalp, or fingertips. Make the best attempt to avoid getting formula on hair. In order to work, it must penetrate into the derma papilla. On the hair it is wasted and can cause dryness.  
  
Or
  - B. **XTC Xtreme Growth Therapy (XGT)-** Can be used after the Hair Boost has dried for increase in result, or alone as part of the XTC Natural Boost System or the Xtreme Hair Strengthening & Cleansing System, in which case you would exclude step 6. Use glue topper applicator. Part dry hair and apply with topper or fingertip directly to the scalp, avoiding the hair as much as possible. Dot tiny little dots along the parting. Part the next area and repeat. This should be repeated until all troubled and surrounding areas have been dotted. Once applied, use fingertips under the hair to gently massage into scalp. A little goes a long way! Leave in do not rinse.



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Or

### C. Growth Factors -

#### **To achieve the best results:**

• Factor G6 Hair Serum should be applied to the scalp daily. After you achieve your desired goal you may be able to reduce your use to 3 times per week or thereafter. This varies from person to person and depends on the rest of the program you are on. • Once the bottle has been opened, the Serum should be used within 3 months for best results. The Growth Factor proteins start to break down slowly as soon as they are mixed with the serum in the bottle. The breakdown is less than 5% over three months, but it accelerates after that point. • To slow the process of breaking down the proteins, it is recommended to refrigerate the Factor G6 Hair Serum bottle once opened.

**To open the bottle:** • Remove the plastic top from the bottle. • Press down firmly on the pumping mechanism. This will crack the barrier between the dry Growth Factor Protein Complex and the Serum. • Gently rotate the bottle to mix the contents. **To apply the Factor G6 Hair Serum:**

• Pump the serum onto your finger • Gently rub the serum to the target area of hair loss. Be sure to extend an inch or 2 more on the sides where your hair maybe weakening. • The amount of serum to apply varies, based upon the size of the target area.

### **If using more than one topical**

- **Growth factors are live proteins messengers, so they need to be absorbed into the scalp before any other product is applied (alcohol from Boost+ can kill them if not yet absorbed). (15 minutes minimum) Ideally, if applying at night, put on growth factors when you get home from work or after dinner, then use the boost+ or XGT at bedtime.**
- **If using Boost/boost+ and XGT, apply Boost/Boost+ first, give at least 3 minutes, then apply XGT.**

**Additional recommendations for those suffering from Hair Thinning, Ageing, Loss and Damage:**

- We assumed you take a good multi-vitamin when we formulated the Total Nutrient and DHT Blocker so if you don't, we recommend you take a high-quality Multi-Vitamin.
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- Watch your intake of Caffeine - this prevents the uptake of B Vitamins which are essential for hair growth. Nutrition is extremely important - eat plenty of protein (animal protein is best!), Fruits and Vegetables.
- Drink plenty of water.
- Low Iron will interfere with treatment. Be sure your Iron levels are normal. If low, see your Doctor for an Iron Supplement.
- Watch the intake of Vitamin A - too much in your diet can cause Hair Loss.
- Avoid pulling or tugging on your hair when it is wet. Blot Dry with a towel, rather than rub.
- If having chemical services done, be aware the cuticle of the hair is not as resilient as before. Speak with your stylist and let him/her know you are treating. Ask them to accommodate your needs by shortening processing times, (if you normally process for 20 minutes, cut time down to 10-15 minutes), using gentler formulas (use color which is low in peroxide or ammonia free, use perms or relaxers that are mild, not medium or super strength), and not aggressively pulling, tugging, or combing thru the hair.
- Avoid Weaves, Braids, and extensions for the first several months you are treating in order if possible (if not possible make sure they are not tight and causing Traction Alopecia)for your hair to gain strength and resilience. When doing weaves, extensions, and braids be sure they are done loosely, and without glues that attach to the scalp or hair. This will only make the hair thinner and weaker.
- Find ways to reduce stress: Exercise, Meditation, Reading.