

WHY YOUR HAIR ISN'T GROWING

And the 7-Day Reset that Fixes it

A Simple Routine To Help

Remove Build Up

Reduce Shedding

Calm Inflammation

Support Healthy Hair Growth



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**If you've been trying everything,
oils, serums, protective styles,
and your hair isn't growing...
this is for you**



Welcome!

**Your hair grows from your scalp.
If your scalp is inflamed, clogged, dry, or
unbalanced, your hair will struggle—no matter how
many products you buy.**

This guide will help you:

- Remove Build Up
Calm Irritation
- Restore Balance
Create a healthy
environment for growth

This is not a quick fix.
This is a reset—a foundation you
can continue for 21–90 days.



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BEFORE YOU START

What You'll Need:

- Gentle sulfate-free shampoo
- Clarifying shampoo (1x this week)
- Lightweight oil (jojoba, grapeseed, or rosemary blend)
- Wide-tooth comb
- Spray bottle with water
- Optional: scalp massager

AVOID:

- Heavy grease
- Constant product layering
- Tight styles
- Scratching your scalp



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WHAT'S CAUSING YOUR HAIR ISSUES?

The reason your hair isn't growing has NOTHING to do with your products.

Common root issues:

Product buildup

*Inflammation

*Poor circulation

*Dry scalp or Excess oil production

Your goal this week is simple:
Cleanse → Balance → Stimulate



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7 DAY SCALP RESET



By the end of these 7 days,
your scalp should feel:
less itchy
less inflamed
more balanced
and ready for real growth



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DAY 1: DEEP CLEANSE (RESET DAY)

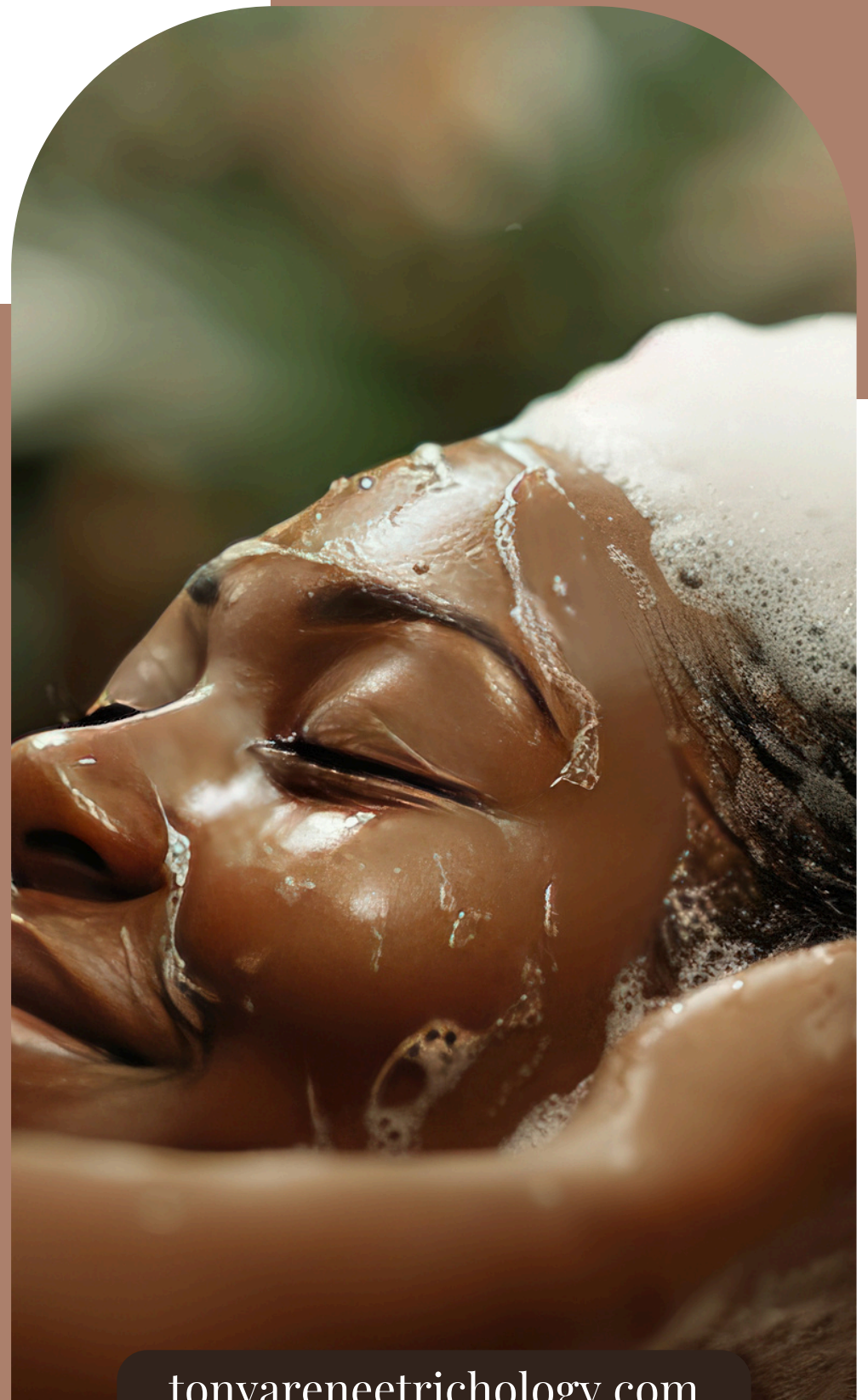
*Wash with clarifying shampoo

*Focus on your scalp, not your hair length

*Rinse thoroughly

*Follow with a moisturizing conditioner (mid-length only)

Removes buildup
Resets your scalp



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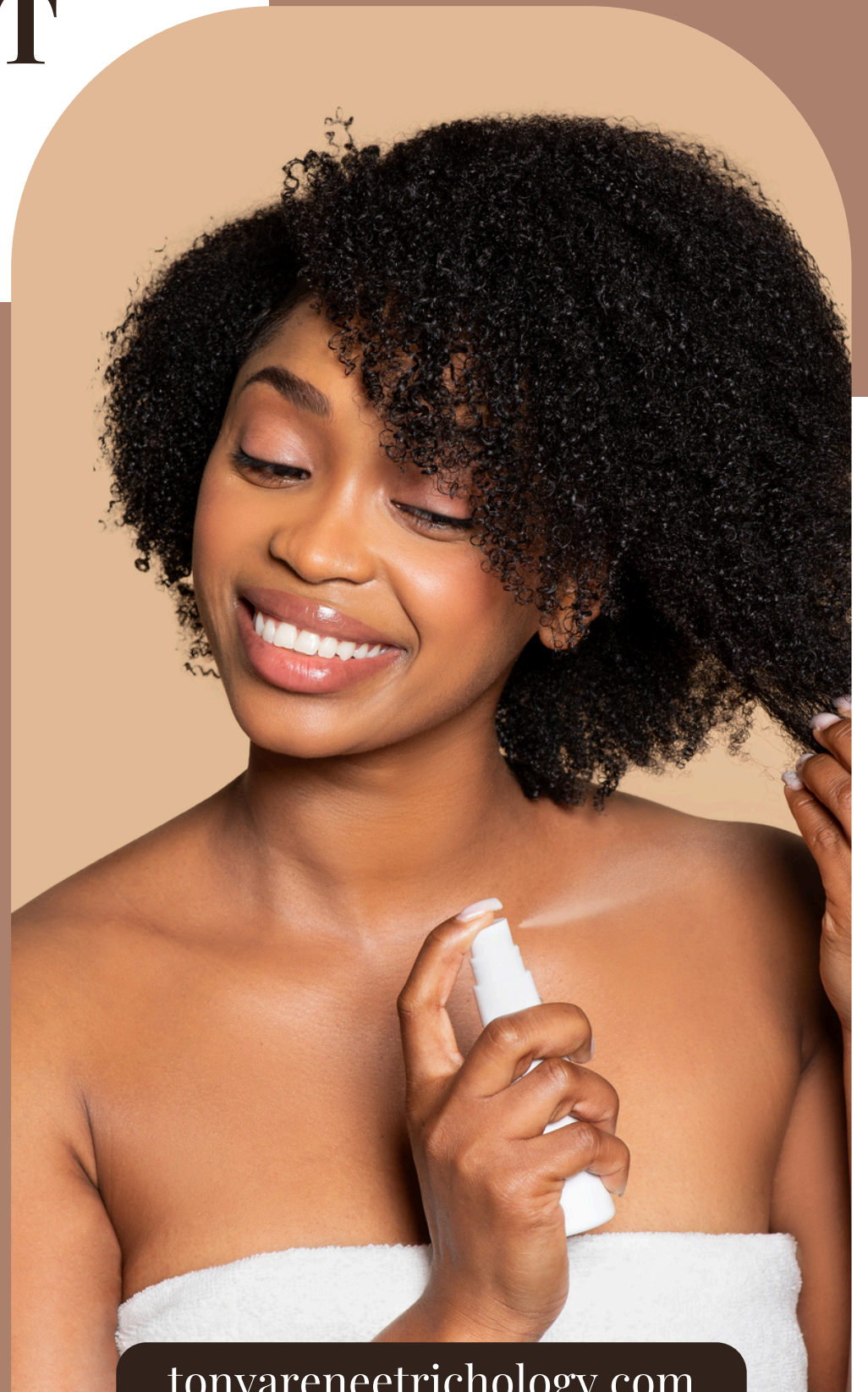
DAY 2: HYDRATE & REST

*Do NOT add heavy products

*Lightly mist scalp with water if dry

*Let your scalp breathe

Prevents overload
Begins balance



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DAY 3: STIMULATE GROWTH

*Apply a small amount of
lightweight oil

*Massage scalp for 5–10
minutes

*Massaging tools help

Improves blood circulation



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DAY 4: LEAVE IT ALONE



*No manipulation

*No product layering

*Protect your hair (loose style or bonnet at night)

Reduces stress on follicles



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DAY 5: GENTLE CLEANSE

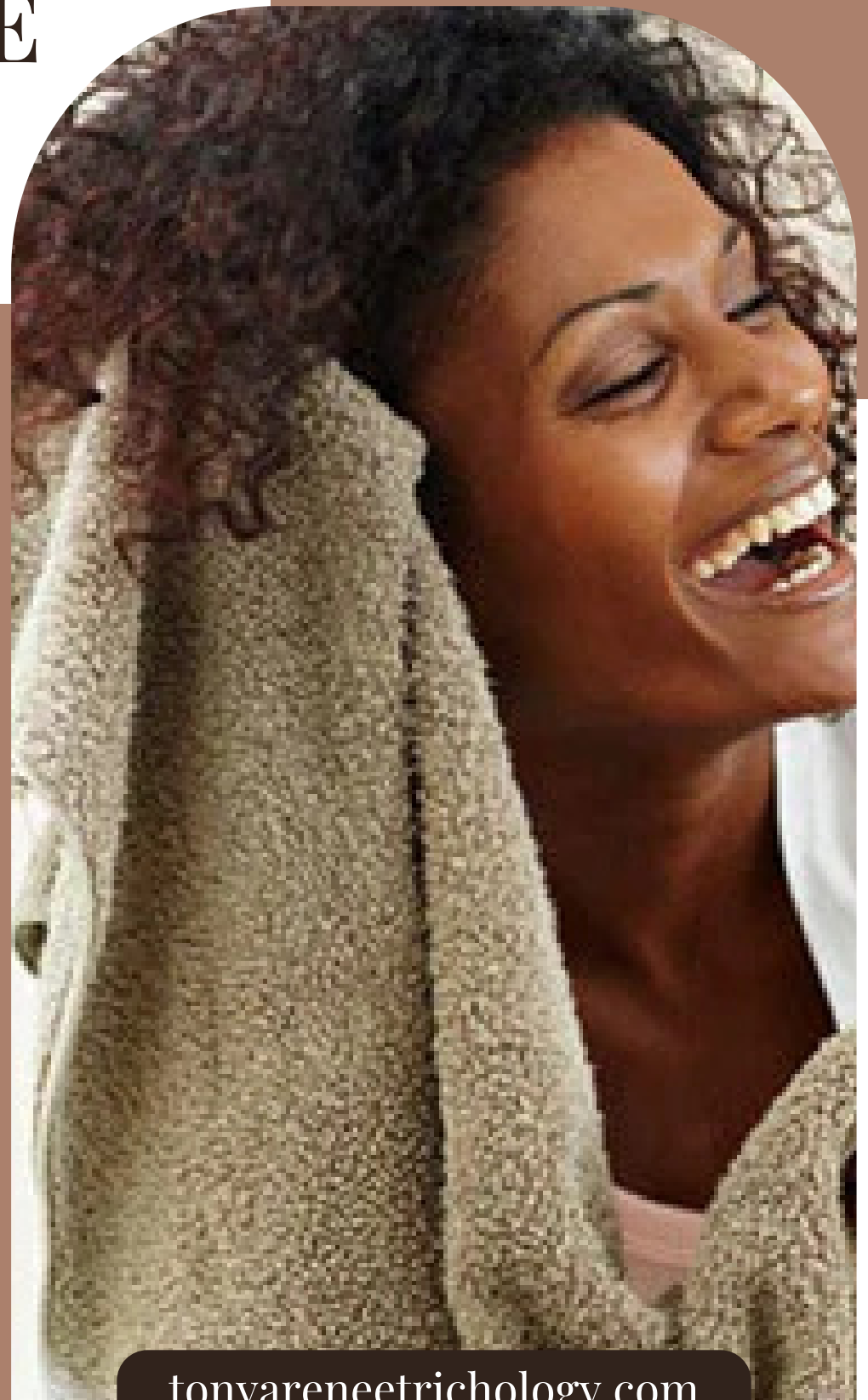


*Use a gentle shampoo

*Light cleanse only (no scrubbing aggressively)

*Follow up with a light moisturizing conditioner (midlength to ends only)

Maintains cleanliness without stripping



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DAY 6: MOISTURE + CIRCULATION

*Light oil (small amount)

*Massage again (5 minutes)

*Optional: Add peppermint or
rosemary oil for an invigoration
effect

Keeps scalp nourished



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DAY 7: ASSESSMENT DAY ASK YOURSELF:

*Is my scalp less itchy?

*Do I see less shedding?

*Does my scalp feel cleaner?

*Track progress daily note changes in itchiness, flakiness, or hair strength to refine future routines.

Write your observations.



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WHAT HAPPENS NEXT?

REAL HAIR GROWTH HAPPENS WITH
CONSISTENCY.

FOR REAL RESULTS:

Repeat this routine for
21–90 days

Consistency is what
creates:

Visible growth

Reduced shedding

Healthier scalp
environment



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STILL STRUGGLING WITH SHEDDING OR THINNING?



Hi, I'm Tonya Renee,

If your scalp is inflamed, sensitive, or your hair isn't improving... you may need a personalized approach.

Book a 1:1 Virtual Scalp Coaching Session

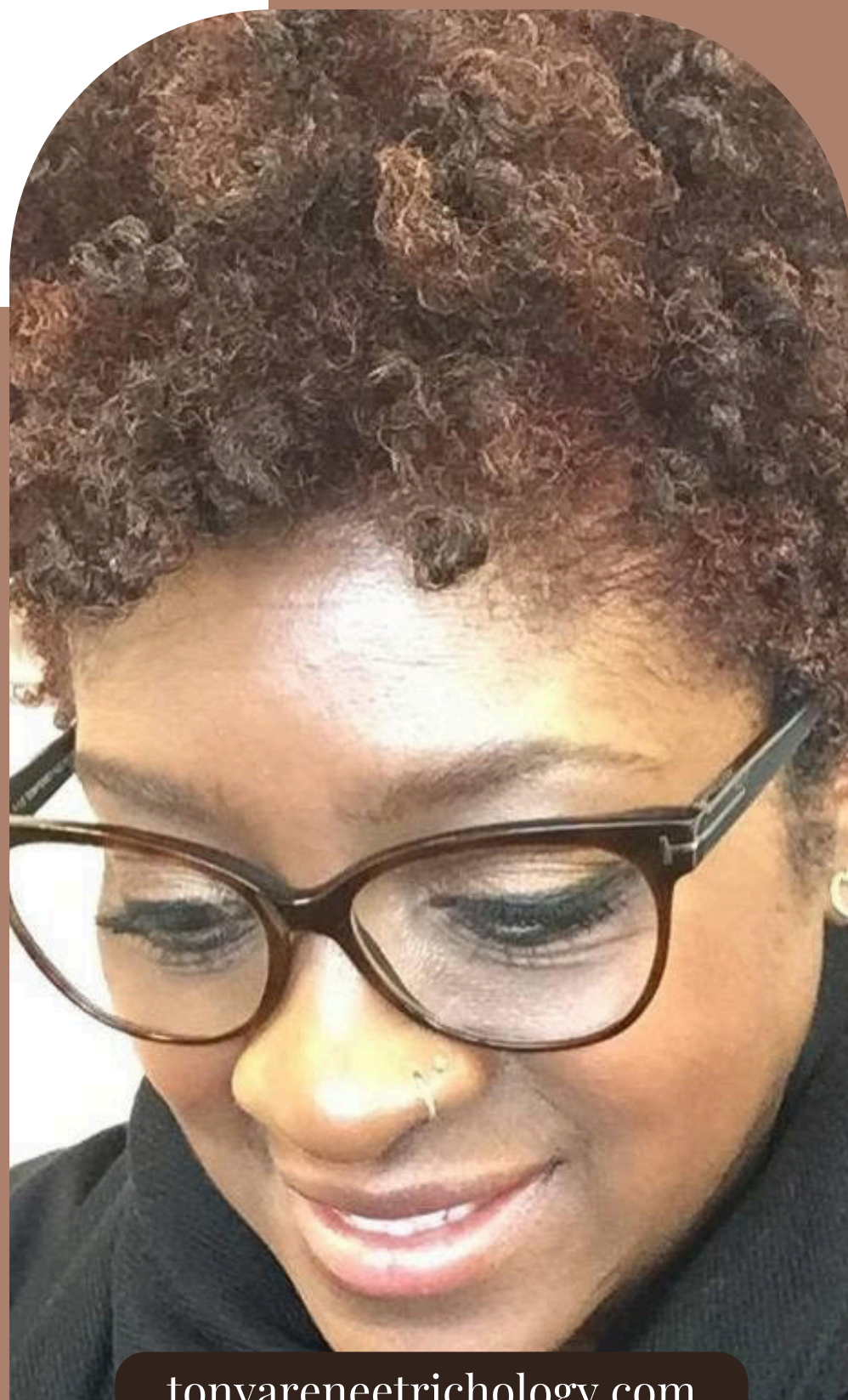
In your session, we will:

- Review your scalp condition
- Identify root causes
- Build a customized plan for your hair growth

Introductory Coaching Session:
\$50 (Regularly \$75)

Book Your Virtual Scalp Coaching Session

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Healthy Hair Begins at the Scalp

Thank you for downloading this guide.

For continued scalp health education and resources, visit:

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Disclaimer:

This content is for informational and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult with a licensed healthcare provider, dermatologist, or medical professional before starting any new treatment, supplement, or health regimen—especially if you are experiencing hair loss, scalp issues, or underlying health conditions.