

# HAIR LOSS

**SECRETS**

# **Hair Loss Secrets Document**

**Introducing the "Secret Hair Loss Document" – your gateway to regaining thick, luscious hair naturally and effortlessly. Say goodbye to expensive treatments and harsh chemicals, because we're about to unveil the hidden secrets of combating hair loss using simple, organic ingredients you can find in your kitchen.**

Inside this exclusive document, you'll discover a treasure trove of natural recipes and remedies that have been passed down through generations. Whether you're dealing with receding hairlines, thinning strands, or bald patches, we've got you covered with a variety of easy-to-follow recipes designed to address your specific needs.

What sets our document apart is its simplicity and effectiveness. You don't need to be a hair care expert or spend hours in front of the mirror to see results. Each recipe is carefully crafted using organic, readily available ingredients that work synergistically to nourish your scalp, stimulate hair follicles, and promote healthy growth.

**And the best part?  
You have the freedom  
to choose which  
recipe resonates with  
you the most. Rest  
assured that each  
recipe is backed by  
centuries of wisdom  
and proven results.**

**So why wait any longer to reclaim your confidence and restore your mane to its former glory? Dive into the "Secret Hair Loss Document" today and embark on your journey towards healthier, happier hair – naturally.**

# 1.

**4 tbsp black castor oil**  
**2 tbsp liquid coconut oil**  
**10 drops rosemary oil**  
**10 drops lavender oil**  
**7 drops cedarwood oil**  
**4 oz amber glass dropper bottle**  
**Shower cap**

## **Method:**

**Into an amber glass dropper bottle, add all the drops of essential oils. Then carefully pour in the Jamaican black castor oil and liquid coconut oil. Cap the bottle and swirl gently to combine all ingredients. To use, place a few drops all over your scalp using the dropper. Then massage it in using clean finger pads. Throw on a shower cap to retain heat and allow the oils to sink in deeper. Wash your hair as usual after an hour or two. You can buy the real castor oil on our website -**

**Norlest.com**

# 2.

**You will need fenugreek seeds and coconut oil. You can purchase both from a health food store or online**

**Soak the fenugreek seeds: Soak two tablespoons of fenugreek seeds in water overnight. Blend the seeds into a paste: In the morning, drain the water and blend the soaked seeds into a smooth paste. Mix the paste with coconut oil: In a bowl, mix the fenugreek paste with two tablespoons of coconut oil.**

**Apply the mixture to your scalp: Use your fingers to apply the mixture to your scalp, making sure to cover the entire area. Massage your scalp: Gently massage your scalp for a few minutes to help distribute the mixture evenly and to stimulate blood flow to the hair follicles. Leave the mask on: Leave the mask on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the mixture in place. Rinse with cold water: After 30 minutes, rinse your hair with cold water. Cold water helps to close the hair cuticles and makes your hair shinier. You can buy the real fenugreek oil on our website - [Norlest.com](http://Norlest.com)**



# 3.

**Gather the ingredients:** You will need aloe vera gel and castor oil. **Mix the ingredients:**

In a bowl, mix equal parts of aloe vera gel and castor oil until they are well combined.

**Apply the mixture to your scalp:** Use your fingers to apply the mixture to your scalp, making sure to cover the entire area.

**Massage your scalp:** Gently massage your scalp for a few minutes to help distribute the mixture evenly and to stimulate blood flow to the hair follicles.

**Leave the mask on:** Leave the mask on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the mixture in place. **Rinse with cold water:** After 30 minutes, rinse your hair with cold water.

**Cold water helps to close the hair cuticles and makes your hair shinier.** **Style your hair as desired:** After rinsing, you can style your hair as desired. You may notice a difference in the health and shine of your hair after using this mask. You can buy the real aloe vera on our website [Norlest.com](http://Norlest.com)

# 4.

**Gather the ingredients:** You will need burdock root oil. **Warm the oil:** Warm a small amount of burdock root oil in your hands. **Apply the oil to your scalp:** Use your fingers to apply the oil to your scalp, making sure to cover the entire area.

**Massage your scalp:** Gently massage your scalp for a few minutes to help distribute the oil evenly and to stimulate blood flow to the hair follicles. **Leave the oil on:** Leave the oil on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the oil in place.

**Rinse with cold water:** After 30 minutes, rinse your hair with cold water. Cold water helps to close the hair cuticles and makes your hair shinier.

# 5.

**Gather the ingredients:** You will need jojoba oil. **Warm the oil:** Warm a small amount of jojoba oil in your hands. **Apply the oil to your scalp:** Use your fingers to apply the oil to your scalp, making sure to cover the entire area. **Massage your scalp:** Gently massage your scalp for a few minutes to help distribute the oil evenly and to stimulate blood flow to the hair follicles.

**Leave the oil on:** Leave the oil on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the oil in place. **Rinse with cold water:** After 30 minutes, rinse your hair with cold water. Cold water helps to close the hair cuticles and makes your hair shinier. You can buy the real Jojoba oil on our website [Norlest.com](http://Norlest.com)

# 6.

**Gather the ingredients:** You will need saw palmetto oil and jojoba oil. **Mix the oils:** In a bowl, mix one tablespoon of saw palmetto oil with one tablespoon of jojoba oil. **Apply the mixture to your scalp:** Use your fingers to apply the mixture to your scalp, making sure to cover the entire area. **Massage your scalp:** Gently massage your scalp for a few minutes to help distribute the mixture evenly and to stimulate blood flow to the hair follicles.

**Leave the oil on:** Leave the oil on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the oil in place. **Rinse with cold water:** After 30 minutes, rinse your hair with cold water. Cold water helps to close the hair cuticles and makes your hair shinier.

# 7.

**Gather the ingredients:** You will need biotin-rich ingredients such as eggs, avocado, and nuts. **Mash the ingredients:** In a bowl, mash one ripe avocado and one egg.

You can also add a handful of chopped nuts such as almonds or walnuts to the mixture. **Apply the mixture to your hair:** Use your fingers to apply the mixture to your hair, making sure to cover the entire length of your hair.

**Leave the mask on:** Leave the mask on your hair for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the mixture in place. **Rinse with cold water:** After 30 minutes, rinse your hair with cold water. Cold water helps to close the hair cuticles and makes your hair shinier.

# 8.

**Gather the ingredients:** You will need emu oil. **Warm the oil:** Warm a small amount of emu oil in your hands.

**Apply the oil to your scalp:** Use your fingers to apply the oil to your scalp, making sure to cover the entire area. **Massage your scalp:** Gently massage your scalp for a few minutes to help distribute the oil evenly and to stimulate blood flow to the hair follicles.

**Leave the oil on:** Leave the oil on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the oil in place. You can buy the real emu oil on our website [Norlest.com](http://Norlest.com)

# 9.

**Gather the ingredients:** You will need **Brahmi Oil.** **Warm the oil:** Warm a small amount of Brahmi Oil in your hands. **Apply the oil to your scalp:** Use your fingers to apply the oil to your scalp, making sure to cover the entire area.

**Massage your scalp:** Gently massage your scalp for a few minutes to help distribute the oil evenly and to stimulate blood flow to the hair follicles.

**Leave the oil on:** Leave the oil on your scalp for 30 minutes, or longer if desired. You can cover your hair with a shower cap to help keep the oil in place. **Rinse with cold water:** After 30 minutes, rinse your hair with cold water. Cold water helps to close the hair cuticles and makes your hair shinier.

# 10.

2 tbsp coconut oil  
3 drops rosemary oil  
3 drops lavender oil  
3 drops thyme oil  
3 drops cedarwood  
Small pan, spoon & heat  
source Shower cap.

Put a small saucepan on the stove and add to it 2 tbsp coconut oil. Turn on the burner to low heat and let the coconut oil melt completely. Once melted and warm enough to the touch, remove from heat. Add the essential oils and stir well. Now using the spoon, pour the oil all over your scalp until all areas are soaked. Tie up your hair and put it in a shower cap. Wait for an hour or two then wash your hair as usual.



**While you're under no obligation to explore our product line, we invite you to visit our website and discover the Norlest difference for yourself. Join thousands of satisfied customers who have made the switch to organic, sustainable hair care and experience the transformative power of nature.**

**Thank you for embarking on this journey with us. Here's to a future filled with healthy, vibrant hair – naturally.**