FREE SELF-CHECK · 5 MINUTES



THE H.A.I.R. WELLNESS METHOD™ · HEALTHY AWARENESS IS RARE

Hair Health Red Flags *Most People Ignore*

A simple checklist to help you understand what your hair may be trying to tell you, and exactly what to do next.

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BEFORE YOU START

Be honest. Your hair already is.

01
Think about the **last 4 weeks**, not your best or worst day.

02
Check every statement that feels **true for you**.

03
Count your checks and find your **next step** on page 3.

i. Scalp & Hair

5 SIGNS

- [ ] **My scalp itches, tingles, or feels sore.**
  Ongoing discomfort is your scalp asking for attention, not something to push through.
- [ ] **I notice flakes that don't fully go away.**
  Flakes can be buildup, dryness or a scalp condition. They're worth identifying, not just covering.
- [ ] **My hair sheds more than usual, and it stays that way.**
  Losing about 50–100 hairs a day is normal. More than that, for weeks at a time, is a signal.
- [ ] **Breakage keeps happening in the same areas.**
  Repeat breakage usually points to a habit in that spot: tension, friction or heat.
- [ ] **My styles often feel tight or uncomfortable.**
  Styles that pull can lead to traction hair loss over time. Tight should never be the goal.

ii. Product & Routine

4 SIGNS

- [ ] **I oil my scalp but don't cleanse it regularly.**
  Oil on a scalp that isn't cleansed can trap buildup right where new growth begins.
- [ ] **I switch products often, trying to fix issues.**
  Constant switching makes it impossible to know what's helping, or what's hurting.
- [ ] **My hair looks good styled but feels weak when it's out.**
  Styling can hide damage. The truth shows up on wash day.
- [ ] **I wait until my hair is "really bad" to act.**
  Small changes early are easier, and cheaper, than big repairs later.

iii. Body & Gut

4 SIGNS

- [ ] I deal with bloating, gas, or irregular digestion.
  Your gut affects how well you absorb the nutrients your hair is built from.
- [ ] I feel tired even after sleeping.
  Low energy can travel with low nutrients or high stress, and both show up in your hair.
- [ ] Stress feels constant, not occasional.
  A big stressful stretch can trigger extra shedding a few months later.
- [ ] I skip meals or lean on quick, processed food most days.
  Hair is built from protein, iron and other nutrients. Inconsistent meals can leave it running short.

My total: ____ / 13

Add up every box you checked across all three sections, then find your number below.

WHAT TO DO NEXT

0–1 CHECKS

Your hair is happy.

Keep doing what you're doing. Run this check again once a month, because catching changes early is the whole point.

2–3 CHECKS

Your hair is whispering.

Small, consistent shifts now prevent bigger problems later. Start with your wash-day rhythm and low-tension styles, and look at your gut: **Radiance Rewired** is a great first read.

4+ CHECKS

Your hair and body may need personalized guidance.

Book a **Healthy Hair & Product Knowledge Consultation** for clear next steps, or apply for **30 Days to a New Love Story with Your H.A.I.R.**, my virtual program, to build a routine you can keep.

Thinning OR HAIR LOSS

Experiencing extreme thinning or hair loss?

Book a **Phase 1 Discovery Call** for a deeper evaluation and direction, and see a board-certified dermatologist to rule out medical causes.

YOUR STARTING POINT

My hair *baseline*

You can't see progress you never measured. Take four photos and fill this in today, then do it again in 30 days. This is the same baseline we use in **30 Days to a New Love Story with Your H.A.I.R.**

TODAY'S DATE

MY CHECKLIST SCORE: ___ / 13

TAKE 4 PHOTOS IN NATURAL LIGHT

FRONT & EDGES

CROWN

SIDES

NAPE

RATE HOW YOU FEEL RIGHT NOW

Scalp comfort (itch, tenderness)	1	2	3	4	5	6	7	8	9	10
Breakage & shedding (10 = none)	1	2	3	4	5	6	7	8	9	10
Confidence in my routine	1	2	3	4	5	6	7	8	9	10
How I feel about my hair	1	2	3	4	5	6	7	8	9	10

MY WASH DAY RIGHT NOW

PRODUCTS I USE MOST

IN 30 DAYS, A NEW LOVE STORY WITH MY HAIR LOOKS LIKE…

KNOW WHEN IT'S MEDICAL

See a board-certified dermatologist if...

- Your hair loss is sudden, comes out in clumps, or leaves round or smooth bald patches.
- Your scalp is painful, burning, oozing, or looks shiny or scarred.
- Hair loss shows up alongside other changes, like fatigue, weight changes or irregular periods.
- Shedding hasn't eased after a few months, even with a gentler routine.



A NOTE FROM IISHA

You don't have to guess your way to *healthy hair.*

Your hair has been talking to you this whole time, through the itch, the flakes, the breakage in the same spot. Checking these boxes isn't a failure. It's awareness, and awareness is where every real change starts. That's why I call it the H.A.I.R. Wellness Method: Healthy Awareness Is Rare. You just became one of the rare ones.

— Iisha

START THIS WEEK, WHATEVER YOUR SCORE

Cleanse before you oil.

Oil works best on a clean scalp. Give your scalp a gentle cleanse at least every 1–2 weeks, and more often if you have flakes or itch.

Loosen up.

If a style hurts, it's too tight. Choose looser braids and ponytails, and give your edges and hairline a break between styles.

Feed your hair.

Hair is built from what you eat. Aim for protein at every meal, colorful plants, and water through the day.

PILOT · FEBRUARY 2027 · FOUNDING SEATS

30 Days to a New Love Story *with Your H.A.I.R.*

My virtual education program: learn to embrace your hair, understand what it needs, and care for it with confidence, in 30 days.

icbeautyinyou.com/hair-love/30-days

I.C. Beauty provides cosmetology, scalp care, and hair-wellness education. This checklist is for education only. It does not diagnose, treat or cure any medical condition and is not a substitute for care from a licensed physician. Hair-shedding and tension-style guidance informed by the American Academy of Dermatology (aad.org): "Do you have hair loss or hair shedding?" and "Hairstyles that pull can lead to hair loss." © I.C. Beauty LLC · 8030 W Broad St, Suite 117, Henrico, VA 23294 · (804) 397-3340 · icbeautyinyou.com