



HAIR by EVA

keratin beauty treatment



THE BASICS OF HAIRCARE

Ebook Vol. 1

relative to
porosity



THE BASICS OF HAIRCARE RELATIVE TO POROSITY.

**Ebook Vol. 1
by
Eva Kislowska**

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My adventure with hair therapy started back in 2018, when after Caesarean section I had huge problem with my hair or more accurately saying with lack of them. I was losing so many of them that I was affraid to wash or brush my hair and forget about dyeing. My hair was everywhere literally, but not on my head. From beautiful thick hair there was only leftovers. In those times I didn't liked to be photographed, so idon't have any photos of my hair, but I assure you there was nothing to look at. I was devastated. Styling high ponytail on my head was driving me ballistic, because there was nothing to cover bald sides of my head. My Hair was breaking and falling out. I had whole lot of different tests and medical examination, but nothing appeared to be out of ordinary. I got all kinds of vitamin supplementation, yet I was still losing my hair. So I got on it myself. I started educate with offline and online courses, read books and articles. I did not wanted to end up bald..

So what I did exactly?

With care to details I described ways to take care of your hair in this ebook. First of all I cut my hair a lot. From hair down to my waist i cut them to shoulder blades line. I was going around with my hair loose, that is the moment I fell in love with hair bands. For the night I would braid my hair not too tight. Few times I did ceratin straightening, so my hair started to look somehow right. Cherry on the top was oiling, but let's be stright to the point I got stuck on that a small bit, because you have to learn how to do it right. It wasn't my favourite task at the start. Ultimately, when I picked right oil and learned how to wash it off without overdrying my hair again, I knew this is what my hair was missing a long time. At this stage I can't immagine my hair care without oiling.

Before I discovered secrets of porosity I got through dozens or maybe hundreds of shampoos and hair conditioners. I was nearly never happy with my hair condition. Now I know that determining porosity is the key to healthy and well looked after hair. Properly selected shampoo, conditioner, mask and oil done wonders to my hair. After my five years journey I have beautiful and long, but first of all healthy hair.

And that's what I wish you too from the bottom of my heart.