

When it comes to haircare, it makes sense that we treat our hair with the best TLC as possible. Hair stands out and when we feel our hair looks amazing, it's natural for us to enjoy the simple high from a good hair day.

So where does treating your hair the best begin? It starts with choosing top quality products that are healthy for both our hair and our body.

Choosing top quality products means we have to take a look at the ingredients used in our favorite shampoos, conditioners and so on. Nourish Beaute products are crafted with top ingredients for hair health and hair growth.

Some ingredients in Nourish Beaute products that are found in nature include Saw Palmetto, Grapeseed Extract, Argan Oil, Aloe Vera and a variety of Vitamins including Vitamins A, C, D, B12, B-Complex and Niacin, also known as Vitamin B3. Collectively these are all natural sources that can stimulate the scalp, waking up root follicles; encourage hair into the Anagen Phase, that is the hair phase of growth, cleanses and conditions the scalp; and also improves hair health by encouraging stronger hair structure and preventing shedding.

More notable ingredients in Nourish Beaute products are collagen, Keratin and Biotin. Together, these powerful and natural ingredients provide the scalp with hair vitality through hydration, moisture retention, elasticity and hormonal regulation.

To have those amazing hair days, it's important to know what's in our hair products but also know the benefits of how those ingredients maintain the health of our hair. Using products with ingredients that take action, rather than cloak problems, is the best way to add true TLC to our haircare routine.