

Hair-care tips

By following right techniques of shampooing, drying and combing for your hair, you can keep them strong, shiny and healthy. Here are some useful hair care tips-

- To minimize breakage, make sure that your hair is completely wet before applying shampoo.
- After shampooing, rinse your hair with cool water to lock moisture in hair shafts.
- To spread the natural oils of your hair, brush your hair from back to front then massage your scalp with fingertips.
- Towel-dry your hair thoroughly before blow-drying to avoid damage due to too much heat.
- Do not brush your hair when it is wet, it causes breakage.
- Avoid making tight ponytails or braids as it causes stress and breakage. Always use soft coated rubber bands and hair ties.



Dull and lifeless hair can be a sign of nutritional deficiency. BIONA is a nutritional supplement that provides you with all important vitamins, minerals and amino acids that improves hair strength and texture. BIONA enables hair follicle regeneration and rejuvenation.

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