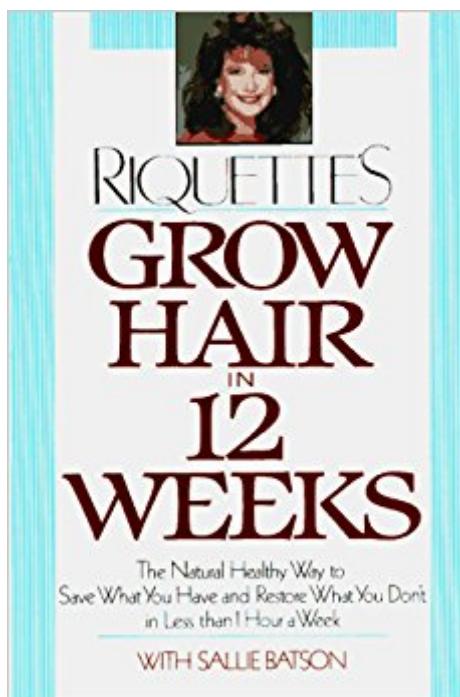


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# Grow Hair In Twelve Weeks: The Natural Way To Save What You Have And Restore What You Don't In Less Than



## **Synopsis**

Riquette Hofstein's acclaimed 12-week program generates hair growth and prevents further hair loss--without potions, surgery, or unsightly hair pieces. This book is for men and women; with advice for everyone on keeping hair full and lustrous. Illustrations.

## **Book Information**

Paperback: 169 pages

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Average Customer Review: 3.4 out of 5 starsÂ  [See all reviewsÂ](#) (10 customer reviews)

Best Sellers Rank: #1,794,136 in Books (See Top 100 in Books) #78 inÂ  Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Hair #677 inÂ  Books > Medical Books > Medicine > Internal Medicine > Dermatology

## **Customer Reviews**

I spent \$200 on all the ingredients, tools, jars, etc to make the products. The nightly treatment has an odor that stinks to high heaven. It's very time-consuming and messy to make the products and to use them. Some items need to be stored in the fridge and for the 7 weeks I stuck with it, the inconvenience became more and more intolerable. However, using the organic natural products improved the health of my scalp. My hair wasn't falling out in clumps anymore. It made me realize over-the-counter brands as well as expensive salon brands were bad for my hair and scalp. I started using a product called "Super Hair Energizer" which was developed using similar theories of hair loss that Riquette proposes in her book. Now my hair is growing back and is shinier than it's been in years and my scalp no longer itches. You can buy "Super Hair Energizer" on the internet.

The recipes are wonderful and have definitely improved the health of my hair and scalp! A warning however: it takes some time to make your own shampoos, rinses, etc. and also to find all the natural herbal ingredients unless you live next to a health store, so be prepared to devote some time to hair care. I cannot really say that my hair is thinning less (it doesn't seem any thicker), but I love the way my hair feels and looks and so I intend to keep using the recipes. The book was also very easy to

read and follow. I just felt that for women with long hair, a bit more of the oils, shampoos, rinses, etc. may be appropriate.

I enjoyed the book very much. It was very helpful. I loved the herbal remedies and the ingredients were all very inexpensive. I didn't care too much for the shampoo, it made my hair feel filmy and weighed down. But everything else was wonderful. I would recommend it to anyone who cherishes their hair.

After a severe illness, I lost a significant amount of my hair. I was devastated and went looking for a cure. I found a link to Melanie Vonzabuesnig's book (<http://www.vzbotanicals.com/Books%20info.html>). In her book she mentioned Riquette Hofstein's book, which I immediately ordered. Riquette sounds very knowledgeable and claims great success. Her credentials are impressive. Her program is extensive, using her homemade recipes for hair shampoo, scalp shampoo, and a rinse daily, as well as a lengthy number of recipes to be used weekly. She uses essential oils directly without carrier oils, which goes against aromatherapy rules. As well as hair care recipes, there are recipes for skin care: toners, moisturizers, etc. I haven't tried any of these, but will in the future. The book is mostly geared toward male-pattern baldness, but there is a lot of other excellent information which would be useful to anyone, as well as care of children's hair. For me, I found applying the essential oils directly to the scalp caused irritation. I added about 50% jojoba oil and the irritation healed. The program takes 3 months, so I can't speak to the success as of yet. I like many of the homemade products, which I'll continue to use, but I have yet to find the time to use the once-a-week products. If you are suffering from hair loss, I would recommend this book and Melanie's. They are both excellent resources and will help you to choose which path is best for you.

I got a copy of this book in 1996. It was my first book on the use and making of natural herbal products. It is an excellent book for skin treatments, but does not address the use of diet supplements like fox tail [silica], ginko, or Ho shu wu [shen min] use jojoba as the base oil. If you try some on your finger tips you will notice that it hardly feels oily at all. that's because it is very close to the oil your skin produces naturally. add drops of basil and rosemary to that. this will improve your results and lower your costs. Dr. Bronner's liquid castile soap. to use as a shampoo is easy to get and not expensive.

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