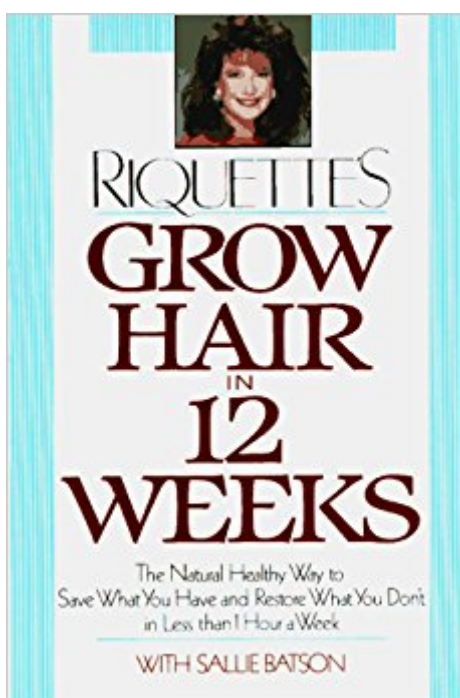


The book was found

# 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

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## Customer Reviews

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.

I have had a copy of this book for 20 + years. Went through major health challenges 1/2 of my hair fell out and would not grow back and happened upon this book. Within 2 weeks I had new hair growth stubble all over my head. The new hair grew and never stopped. I use these recipes every couple weeks, I call it "going to my own beauty parlor." Be aware that some of the essential oils have a strong odor that lingers for a couple washings. I love this book..!!

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.

This really works! We've started a hair club!!

a whole new perspective on you and your hair...all natural...

I was very disappointed with this book. As the other reviewers mentioned, the treatments are expensive to buy, complicated to make, and it stinks. And after all that hassle, I'M STILL BALD!

**DO NOT BUY THIS BOOK!!!! IT HAS NOTHING GOOD IN IT AND IT IS VERY VERY VERY OUTDATED! DO NOT RECOMMEND!!**

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.

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 rosmay to that. this will improve your results and lower your costs. Dr. Bronners liquid castile soap. to use as a shampoo is easy to get

and not expensive.

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