



Natural Ways To Prevent Hair Loss In Teen Girls



Prepare well-balanced and healthy meals.



Include foods rich in protein, vitamins, and minerals for hair strengthening.



Tell her to wash her hair with mild shampoo and conditioner gently.



Massage her hair with nourishing oils and comb and brush gently.



Avoid frequent use of hairstyling products, like flat irons.



Limit the use of blow dryers.



Instruct her not to pull her hair in tight braids or ponytails for too long.



Advise her on managing stress.

