

“MORE HAIR, MORE VIRTUE!” 7 DAY INVERSION CHART

Explanation of Chart:

A.m. & P.m. Boxes:

Simply place a checkmark for each day that you complete the inversion method. You could choose to do it during the a.m. or p.m. or both during the 7 day Challenge.

Treatment Box:

Record the treatment of your choice (oil, aloe vera, tea rinse) to compare and contrast the hair growth results using different hair solutions. It's probably best to use just one treatment at a time during a single challenge to determine what works best for your hair.

Results box:

Record the growth or any pertinent changes during the 7 day inversion challenge.

Basic Steps

1. Massage scalp 3 minutes with treatment.
2. Invert head for 4 minutes.
3. Slowly rise up.

IMPORTANT ADVISORY:

It should only be done for 7 days straight, and then wait at least another month before doing the challenge again.

Not recommended for pregnant women, during your menstruation, and people in general with any chronic diseases or sickness. This is just for informational purposes. Please consult with your doctor first.

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7 DAY INVERSION CHALLENGE CHART

Date: _____

| | Mon | Tues | Wed | Thur | Fri | Sat | Sun | Results |
|----------------|-----|------|-----|------|-----|-----|-----|---------|
| Am | | | | | | | | |
| PM | | | | | | | | |
| Hair Treatment | | | | | | | | |

Special Notes: