

TILSMI HAIR RITUAL HANDBOOK

Free Training Guide

1. Observe your hair story

Note the timing, visible pattern, scalp comfort and recent lifestyle changes.

2. Choose a focused ritual

Use the Hair Intelligence Quiz to identify the most relevant cosmetic formula.

3. Apply consistently

Part the hair, apply a modest amount, massage gently and follow the product directions.

4. Review with realistic expectations

Cosmetic hair oils support care and appearance; they do not diagnose or treat medical hair loss.

5. Seek professional help when needed

Sudden, severe, patchy or persistent hair loss should be assessed by a qualified clinician.

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