

Weekly Product Recommendations

Detox:

<https://amzn.to/2Aovrk1> Briogeo is a nice charcoal based cleanser that is helpful to use for scalp issues and product build up. Use with MAP Method as needed.

Cleanse Co-wash:

<https://amzn.to/3cZ53dJ> Ouidad No Lather Cleansing Conditioner has been brought up to me by a few clients that have more thicker hair, thirsty and is ok with a heavier product for co-washing. Remember with MAP Method you alternate as needed with cowashing and occasional safe lather to prevent build up on hair and scalp (along with detox as needed).

Sealer:

<https://amzn.to/2MW9z20> Ouidad Advanced Climate Control Gel is an option for those of you in humid areas that has nice hold in swampy environments.

Notebook to keep track of your curl journey:

<https://amzn.to/2AuTVI4> Great paper and dot grid to keep track of your curl journey. Note results and for more tips check out the Cultivate Your Curls course for the section about Curl Journey Journal.

Scalp Issues:

<https://amzn.to/3huCbxc> Nizoral A-D Shampoo has helped my own son with difficult thick white flakes along with spots of red on his scalp. Nothing was working for him over the years of living with this....but this did. We are amazed at how well this continues to work for him. I have some other clients use this with success over many other options including prescribed options.

<https://amzn.to/2YOYe9A> This option for you to consider (I got both for my son of the Nizoral and this Neutrogena) has helped many people with difficult scaly white flakes that just seem to be something you have to live with.

Coconut Oil - my son uses this as a scalp soother - applying a super light coating on his scalp.

<https://amzn.to/2USYov9> Malibu has a Scalp Therapy and for Hard Water check this out <https://amzn.to/3fDDeJH> as just about everyone has hard water and this is the main culprit for greasy looking hair even though you use good water soluble products AND why ANYTHING you use on your hair can build up. If you have Cultivate Your Curls I recommend a simple inexpensive filter to use at home and also recommend getting a simple water test to see what is going on in your water.

Bathrobe:

<https://amzn.to/2UPPP4c> - I got this robe and when I put it on I am done for the day = seriously I almost want to take a nap. Its just the right weight for putting it on and instant relaxation happens. I can not wear this all day as I just would not get anything done. I wish I got something like this earlier in life as its perfect for when I want to escape life and just get comfy and detach from life to relax. Put this on a rainy day or when its snowing out and fall asleep watching a Nextlix binge in my chair.

Full Focus Planner:

<http://fullfocusstore.com?aff=75> This planner is something I use to create goals, track what I do and plan out 90 day challenges to achieve new habits and goals. I use the Notebook I recommended above along with a Full Focus Planner and stay on track for achieving in 90 days what used to take me over a year....so, now I am accomplishing way more in one year than I ever have in my life.

Kajabi:

I have a handful of people that have joined up with Kajabi. What Kajabi can do for you is a complete system to build your online business. I have had a few watch my own courses (Cultivate Your Curls for one) and say to themselves "If Scott can do this - so can I" and they contact me about doing their own online course - and I help them for 30 days once they sign up with my Affiliate Link here:

<https://app.kajabi.com/r/FKZ8uoAD/t/fnosavcs>

You can create videos, collect payments, send emails, build a website, write a blog & do all sorts of marketing and more....all in one place that is way less expensive than other options that are out there.

If you have an idea - it is a disservice to NOT help others with your ideas, wisdom and vision. I can help you get going and make a difference in the world and coach you along the way.

Healing

<https://amzn.to/3841S3y> Innersense Daily Conditioner is amazing for restoring dry thirsty hair to heal hair over time with hydration used by The MAP Method. Most of Innersense products are rich and concentrated so you have a bit of a short learning curve to gauge how much to use as a little goes a long way.

<https://amzn.to/2CwhuRr> Sweet Spirit Leave In Conditioner is nice for those of you with thinner fine hair that gets weighed down easily - this spray is rich with hydration that you can spray into your hands and apply on wet hair or even use as a Refresher on dry hair that we teach about.

<https://amzn.to/3fS7BvP> Jessicurl Deep Conditioner is one of the deep conditioning treatments I have found to be of value as most do not really do anything that is noticeable compared to regular conditioners but those that like to deep condition once or twice a month appreciate this

one and when used in combination with Innersense Daily Conditioner makes for hair to stay in great condition.

<https://amzn.to/31nWeYP> This Foam Roller is soft and excellent for releasing tension in the lower and upper back and spine. Hairstylists are famous for having tension in the shoulders and lower back issues and this helps greatly to use before work AND after work. I also use this before and after workouts to reduce lactic acid build up and therefor reduce soreness the next day. Along with a nice Yin Yoga routine will help to keep you pliable and loose instead of tight and sore.

<https://amzn.to/31cHD20> I was skeptical of this vibrating message ball until I used it and when I turned it on - laid down - rested my right shoulder on it - learned to relax into this ball and let the vibrations start to break down the tension instead of moving on it let the vibration do its magic - it worked. I started to use this on my feet, calves, Inner forearms, neck and spots on my back. This one has 4 settings. I even rest this on my neck wearing my robe (mentioned above) as it has a collar that holds it in place as I watch a movie on Netflix.

<https://amzn.to/2Z5937f> Is a liquid protein that can be added to your conditioner - a few drops - as needed. Recommending protein is a topic that has a lot of confusion as when people learn The MAP Method I recommend hydration over anything to restore balance to your hair and over time some hair types loose structure and we recommend to Detox and if that doesn't restore structure to your hair then use a bit of protein to help with this and this is a liquid that can be done as a treatment to restore balance, health and structure to your hair. Nice to use before you color your hair as well.

<https://amzn.to/2B8cFgO> During the Covid pandemic my son brought home these workout bands and I tried them for a couple of work outs - they can attach to any door in your home or wrap around a workout station like we have - and I felt great. Compared to working out with weights I felt like this was more restorative in my recovery instead of a harsh recovery. As you workout with these bands your core is working a lot and you don't even notice it until next day you feel it deep inside your core. Over time of using these a couple times/week I feel like I walk better, hold my posture better and am seeing a difference in the mirror. These are excellent to travel with as well. HIGHLY recommended!