

ROOT-RESET™

Before You Buy Another Hair Product

A pause-and-check worksheet for better decisions

A practical educational resource by Tolu Okafor

OBSERVE • REDUCE • PROTECT • TRACK

Designed for calm, informed hair-care decisions

1 Pause Before You Purchase

A new product may be appropriate for some people and not for others. Before spending money, separate a clear need from panic, pressure, or a promise that sounds too good to be true.

2 Seven Questions

☐ What exactly am I noticing, and when did it begin? ☐ Have I changed more than one part of my routine recently? ☐ Is the product making a specific claim that can be explained clearly? ☐ Does the claim promise a miracle, guaranteed regrowth, or instant results? ☐ Could the product irritate my scalp or conflict with something I already use? ☐ Would a qualified professional be better placed to assess this concern? ☐ Can I wait, observe, and make one informed change instead of buying several items?

3 My Decision

What _____ I _____ am _____ considering

buying: _____

The specific problem I want to solve: _____

What evidence do I have beyond a testimonial or advertisement? _____

The gentler, lower-cost step I can take first: _____

The question I want answered before purchase: _____

ROOT-RESET™ is designed to help you observe your routine. It is not a substitute for medical advice or a promise of a particular result.