

ROOT-RESET™

Hairline Photo Guide

How to document consistently without creating more anxiety

A practical educational resource by Tolu Okafor

OBSERVE • REDUCE • PROTECT • TRACK

Designed for calm, informed hair-care decisions

1 The Purpose of a Photo

A photo can help you compare like with like. It cannot diagnose a condition and it cannot prove that one routine caused a change. Use photos as a record, not as a reason to inspect yourself repeatedly.

2 Consistency Checklist

☐ Use the same phone or camera when possible. ☐ Use similar lighting and avoid harsh flash. ☐ Stand at the same distance from the camera. ☐ Use the same angle: front, left side, and right side if needed. ☐ Keep hair parted or styled in the same neutral way. ☐ Take photos at most on the schedule you choose, not every hour. ☐ Store images privately and securely.

3 Three-View Record

Front view: Keep your face relaxed and camera level.

Left side: Turn your head without stretching the hairline.

Right side: Match the distance and lighting used for the other views.

4 Photo Log

Date	Lighting / angle	Neutral observation

If images increase anxiety, stop the photo routine and focus on your daily tracker or seek support from a qualified professional.