

MARCH GLOW UP

30 Day Scalp & Hair Reset Plan
Detox. Strengthen. Grow.

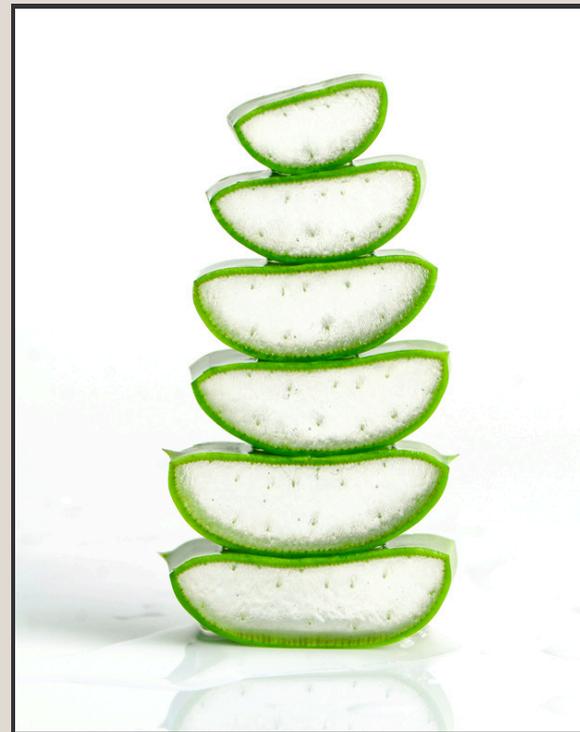


WHY THIS MATTERS

Healthy growth starts at the scalp.

This 30 day reset helps:

- Remove buildup
- Improve circulation
- Reduce breakage
- Support thicker looking hair and a healthy scalp



YOUR WEEKLY STRUCTURE

WEEK 1

- Double cleanse
- 60 second scalp massage every wash
- Start Nioxin system or goal specific haircare

WEEK 3

- Trim ends if needed - we like to call it a dusting
- Monitor shedding
- Continue daily scalp treatment

WEEK 2

- Continue system
- Add 1 exfoliating scalp treatment
- Reduce heat styling or add heat protectant

WEEK 4

- Stay consistent
- Take progress photos
- Evaluate scalp health

THE MARCH HAIR EDIT CHECKLIST



- Throw out expired products
- Replace old brushes
- Clean brushes
- Deep clean your blow dryer filter
- Book your trim
- Upgrade your haircare routine
- Reduce heat frequency
- Increase water intake
- Add a scalp treatment
- Monitor nutrition and supplements

MARCH INTENTION: GROW WITH INTENTION



Hair growth is not just about inches.

It's about:

- Letting go of old energy
- Cleaning up what no longer serves you
- Investing in yourself again
- Being consistent

March is not about dramatic change. It's about quiet consistency. Healthy scalp. Strong ends. Smart products. Small habits. Big difference by summer.

WEEKLY TRACKER

Week 1

Sun Mon Tue Wed Thu Fri Sat

water intake	<input type="checkbox"/>						
----- nutrition/supplements	<input type="checkbox"/>						
----- treatment applied	<input type="checkbox"/>						
----- scalp massage	<input type="checkbox"/>						

Week 2

Sun Mon Tue Wed Thu Fri Sat

water intake	<input type="checkbox"/>						
----- nutrition/supplements	<input type="checkbox"/>						
----- treatment applied	<input type="checkbox"/>						
----- scalp massage	<input type="checkbox"/>						

Week 3

Sun Mon Tue Wed Thu Fri Sat

water intake	<input type="checkbox"/>						
----- nutrition/supplements	<input type="checkbox"/>						
----- treatment applied	<input type="checkbox"/>						
----- scalp massage	<input type="checkbox"/>						

Week 4

Sun Mon Tue Wed Thu Fri Sat

water intake	<input type="checkbox"/>						
----- nutrition/supplements	<input type="checkbox"/>						
----- treatment applied	<input type="checkbox"/>						
----- scalp massage	<input type="checkbox"/>						

EXPECTATIONS

You may notice:

- Cleaner scalp in 1 to 2 weeks
- Fuller looking roots in 3 to 4 weeks
- Reduced breakage over time

Consistency wins.



SHOP SYSTEMS



USE CODE NIOXIN10 AT CHECKOUT FOR 10% OFF
ENDS 03/31/2026

158 MARKET ST. ELMWOOD PARK, NJ | 201-791-414
WWW.CIROSHAIRPAVILION.COM

SHOP SCALP + DANDRUFF



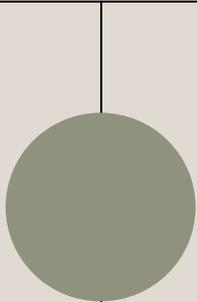
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MARCH PROMOTIONS

Grow with intention.

This month is about small daily habits that compound by summer.



ANALYSIS

Complimentary scalp analysis with any service in March.



SAVE 10%

Enjoy 10% off all Nioxin Retail and Scalp Detox Treatment throughout March.



WIN

One client will win a full 30 Day Nioxin System. Book a Nioxin service and/or purchase Nioxin retail to be entered in March. Winner announced March 31, 2026.

STAY CONNECTED

Book your next appointment at:

Ciro's Hair Pavilion
158 Market St., Elmwood Park, NJ
Phone: 201 791 6414
Text: 201 949 7550
Instagram: [@ciroshair](#)

[BOOK ONLINE HERE](#)

