

GENOSYS Hair Loss Treatment — Home Care Protocol

For: End users experiencing hair thinning, excessive shedding, or pattern hair loss
Climate: UAE (heat stress, vitamin D paradox, hard water, lifestyle stress)
Line: GENOSYS HR3 Matrix
Goal: Reduce shedding, stimulate growth, strengthen follicles, prevent further loss

Understanding Hair Loss in the UAE Climate

The UAE environment creates unique challenges for hair health:

- **Extreme heat** → scalp dehydration → weakened follicles → increased shedding
- **Vitamin D paradox** → intense sun exposure but indoor lifestyle → vitamin D deficiency → hair loss
- **Hard water** → mineral buildup on scalp → blocked follicles → reduced growth → breakage
- **AC cycling** → dry indoor air → scalp dehydration → brittle hair → increased breakage
- **Stress** → high-pressure lifestyle → telogen effluvium (excessive shedding) → visible thinning
- **Pollution + dust** → particles settle on scalp → oxidative stress → follicle damage

The GENOSYS HR3 Matrix system addresses these factors with targeted scalp treatments and follicle-strengthening actives that work synergistically to restore hair health.

Daily Morning Routine (3 steps — 5 minutes)

STEP 1: SCALP-CLEANSING SHAMPOO (2 MIN)

Product: HR3 MATRIX SHAMPOO — 340 AED

Apply to wet hair, focusing on **scalp** (not just hair strands). Massage gently with fingertips (not nails) for 1–2 minutes. Contains: - **Copper Peptides** — stimulate follicle activity and promote growth - **Caffeine** — increases blood circulation to scalp - **Biotin** — strengthens hair structure - **Saw Palmetto** — helps block DHT (hormone linked to pattern hair loss)

Rinse thoroughly with **lukewarm water**. If you have hard water, use filtered water for final rinse to prevent mineral buildup.

Frequency: Daily for active treatment, every other day for maintenance.

STEP 2: SCALP TONIC (1 MIN)

Product: HR3 MATRIX TONIC — 290 AED

Apply directly to **scalp** (part hair in sections). Use dropper to target: - Crown area - Hairline - Part lines - Any thinning areas

Massage gently with fingertips for 30 seconds. Contains: - **Copper Peptides** — continue follicle stimulation - **Caffeine** — maintain scalp circulation - **Niacinamide** — improves scalp health and reduces inflammation

Do not rinse. Style hair as usual after 1–2 minutes.

STEP 3: STYLE & PROTECT (2 MIN)

Style hair normally. Avoid: - Tight hairstyles (ponytails, braids) that pull on follicles - Heat styling on high settings (use heat protectant if necessary) - Chemical treatments (coloring, perming) during active treatment phase

Evening Routine (2 steps — 5 minutes)

STEP 1: INTENSIVE SCALP TREATMENT (3 MIN)

Product: HR3 MATRIX SOLUTION — 740 AED

Apply to **clean, dry scalp** before bed. Part hair in sections and apply directly to scalp: - Use dropper to target thinning areas - Apply 1–2 droppers full total (adjust based on scalp size) - Focus on crown, hairline, and any problem areas

This concentrated solution contains: - **High-concentration Copper Peptides** — maximum follicle stimulation - **Biotin** — strengthens existing hair - **Caffeine** — overnight scalp circulation boost - **Saw Palmetto extract** — DHT blocking for pattern hair loss

Massage technique: Use fingertips (not nails) in circular motions for 2 minutes to: - Distribute product evenly - Increase blood flow to scalp - Enhance absorption

Leave overnight — do not rinse until morning.

STEP 2: SCALP MASSAGE (2 MIN)

Tool: SCALP BRUSH — 50 AED

After applying HR3 MATRIX SOLUTION, use the scalp brush to: - Further distribute product - Exfoliate dead skin cells - Stimulate circulation - Unclog follicles

Technique: Gentle circular motions, starting at hairline and moving back. 2 minutes total. This mechanical stimulation complements the chemical actives.

Weekly Treatment

SCALP EXFOLIATION — 1× PER WEEK

Product: HR3 SCALP PEELING — 290 AED

Apply to **dry scalp** before shampooing. Massage gently for 1–2 minutes, then leave for 5 minutes. This treatment: - Removes dead skin cells and buildup - Unclogs follicles blocked by hard water minerals - Improves product penetration - Reduces scalp inflammation

Rinse thoroughly, then follow with HR3 MATRIX SHAMPOO.

Best timing: Sunday evening before your regular routine.

Professional Treatment Option

HR3 MESOPECIA KIT — FOR INTENSIVE TREATMENT

Product: HR3 MESOPECIA KIT — 1,100 AED

Professional-grade treatment kit for: - Severe hair loss - Post-procedure recovery - Accelerated results - Clinic-level treatment at home

Contains concentrated actives and application tools. Use as directed by your GENOSYS professional or follow included instructions.

Frequency: Typically 1–2× per month for intensive phases, or as recommended by your practitioner.

Key Active Ingredients

Ingredient	Role	Found In
Copper Peptides	Stimulate follicle activity, promote growth, strengthen hair	HR3 MATRIX SHAMPOO, TONIC, SOLUTION
Biotin (B7)	Strengthens hair structure, prevents breakage	HR3 MATRIX SHAMPOO, SOLUTION
Caffeine	Increases scalp blood circulation, stimulates follicles	HR3 MATRIX SHAMPOO, TONIC, SOLUTION
Saw Palmetto	Blocks DHT (dihydrotestosterone) linked to pattern hair loss	HR3 MATRIX SHAMPOO, SOLUTION
Niacinamide (B3)	Improves scalp health, reduces inflammation	HR3 MATRIX TONIC
Salicylic Acid	Exfoliates scalp, unclogs follicles	HR3 SCALP PEELING

Recommended Product Sets

ESSENTIAL — "MAINTENANCE" SET

Mild thinning, early-stage hair loss, preventive care

Product	Price
HR ³ MATRIX MEDI SCALP SHAMPOO α	340 AED
HR ³ MATRIX HAIR TONIC α	290 AED
HR ³ MATRIX SCALP BRUSH	50 AED
Set Total	680 AED

COMPLETE — "FULL SYSTEM" SET

Moderate hair loss, visible thinning, active shedding

Product	Price
HR ³ MATRIX MEDI SCALP SHAMPOO α	340 AED
HR ³ MATRIX HAIR TONIC α	290 AED

Product	Price
HR ³ MATRIX HAIR SOLUTION α	740 AED
HR ³ MATRIX SCALP PEELING α	290 AED
HR ³ MATRIX SCALP BRUSH	50 AED
Set Total	1,710 AED

PROFESSIONAL — "MAXIMUM STRENGTH" SET

Severe hair loss, accelerated treatment, device-assisted recovery

Product	Price
HR ³ MATRIX MEDI SCALP SHAMPOO α	340 AED
HR ³ MATRIX HAIR TONIC α	290 AED
HR ³ MATRIX HAIR SOLUTION α	740 AED
HR ³ MATRIX SCALP PEELING α	290 AED
HR ³ MATRIX MESOPECIA KIT	1,100 AED
HR ³ MATRIX SCALP BRUSH	50 AED
HairGen BOOSTER	1,800 AED
Hair-GENTRON	3,300 AED
Set Total	7,910 AED

 **Tip:** Orders over 1,000 AED qualify for free shipping on genosys.ae


Common Mistakes to Avoid

- Applying products to hair instead of scalp** — Actives must reach follicles on the scalp, not just hair strands
- Over-washing** — Daily washing is fine with HR3 SHAMPOO, but avoid washing more than once per day
- Using hot water** — Hot water dehydrates scalp and weakens follicles; use lukewarm water
- Aggressive scrubbing** — Use fingertips, not nails; gentle massage is more effective

5. **Skipping scalp massage** — Mechanical stimulation increases blood flow and product absorption
6. **Not being consistent** — Hair growth takes 3–6 months; daily use is essential
7. **Using regular shampoos** — Standard shampoos may contain sulfates or silicones that interfere with treatment
8. **Ignoring hard water** — Use filtered water for final rinse to prevent mineral buildup
9. **Tight hairstyles** — Avoid ponytails, braids, or buns that pull on follicles
10. **Expecting immediate results** — Hair growth cycle is 3–6 months; patience is required

Expected Timeline

Month	What to Expect
Month 1	Reduced shedding, scalp feels healthier, possible "dormant phase" (normal)
Month 2	Shedding continues to decrease, scalp condition improves, hair feels stronger
Month 3	First signs of new growth (baby hairs), reduced breakage, improved hair density
Month 4–5	Visible improvement in thickness, new growth becomes more apparent
Month 6	Significant results — fuller hair, reduced thinning, maintained growth

 **Important:** Hair growth follows a natural cycle. Initial results (reduced shedding) appear in 4–8 weeks, but visible new growth typically takes 3–6 months. Consistency is critical — use products daily for best results.

UAE-Specific Tips

- **Protect scalp from sun** — Wear a hat or use SPF spray on part lines when outdoors (especially 10 AM–4 PM)
- **Filter your shower water** — Install a shower filter to remove hard water minerals that clog follicles
- **Humidify your space** — Use a humidifier in AC-heavy environments to prevent scalp dehydration
- **Manage stress** — High stress causes telogen effluvium; incorporate stress management (yoga, meditation, sleep)
- **Vitamin D supplementation** — Despite sun exposure, indoor lifestyle may cause deficiency; consider testing and supplementation

- **Avoid midday heat** — Extreme heat dehydrates scalp; plan outdoor activities during cooler hours
 - **Keep scalp clean** — UAE dust and pollution settle on scalp; regular cleansing prevents buildup
 - **Protect hair from AC** — Cover hair with a silk scarf when sleeping in heavily air-conditioned rooms
 - **Stay hydrated** — Drink 2–3 liters of water daily; dehydration affects hair health
 - **Professional consultation** — For severe or sudden hair loss, consult a dermatologist to rule out medical causes
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Protocol by GENOSYS Professional | [genosys.ae](https://www.genosys.ae) | Updated February 2026