BONUS 3

The Hairline Warning Signs & Self-Check Kit™

A PRACTICAL COMPANION GUIDE BY AXELA A.

Part of the 3R Edge Reset™: REDUCE • REPAIR • PROTECT

A calm, practical guide to noticing changes

This self-check kit helps you record what you notice and decide when it may be time to ask a qualified healthcare professional for help. It cannot diagnose the cause of thinning edges.

What to observe

- ■ Changes in hairline density or shape
- ■ Short or broken hairs around areas exposed to tension
- ■ Scalp tenderness or pain
- ■ Persistent itching, redness, bumps, or inflammation
- ■ Patchy areas or sudden / rapidly worsening hair loss
- ■ Sores, scaling, or other unusual skin changes

A symptom can have more than one cause. Do not assume it is always due to styling or a product.

Weekly observation record

DATE	WHAT I NOTICED	RECENT STYLE / PRODUCT CHANGES	NEXT STEP
_____	_____ _____	_____ _____	_____
_____	_____ _____	_____ _____	_____
_____	_____ _____	_____ _____	_____
_____	_____ _____	_____ _____	_____

When to seek professional advice

Arrange an evaluation if thinning persists, progresses, or concerns you—especially if it is accompanied by scalp symptoms.

Seek prompt medical advice for sudden or rapidly worsening hair loss, patchy loss, persistent pain, marked inflammation, sores, or other significant scalp changes. A dermatologist or qualified healthcare professional can assess possible causes and discuss appropriate options.

Before an appointment

- ■ Note when you first noticed the change.
- ■ Bring photos taken at different times, if available.
- ■ List hairstyles, products, medications, or health changes you think may be relevant.
- ■ Write down your questions and symptoms.

Questions I want to ask

1. _____

2. _____

3. _____

My next step

What I noticed: _____

What I will do next: _____

The 3R reminder

REDUCE unnecessary tension. REPAIR through gentle care. PROTECT with thoughtful styling and timely professional guidance.

This guide is for education only and is not a substitute for medical advice, diagnosis, or treatment. Avoid starting or stopping medicines or supplements based solely on this checklist.