MetroForMen™

Retinol + Minoxidil Hair Loss Routine for Men

A Professional Guide to Scalp Health & Hair Regrowth

Daily Morning Routine

Apply 5% minoxidil to a clean, dry scalp. Use consistently each morning and allow adequate absorption time before styling or wearing hats.

Evening Routine (Retinol Nights)

Apply a scalp-formulated retinol 2–3 nights per week to exfoliate and prepare the scalp. After 20–30 minutes, apply minoxidil.

Expected Timeline

Initial shedding may occur in weeks 4–8. Early regrowth often appears by month 3–4, with visible density improvements between months 6–12.

Hair Growth Tracking Guide

Track progress monthly using consistent lighting and angles. Consistency and patience are essential for optimal results.

Professional Disclaimer

This guide is for educational purposes only and does not constitute medical advice. Results vary by individual based on genetics, age, health status, and consistency of use. Retinol and minoxidil may cause irritation in some individuals. Discontinue use if severe irritation occurs and consult a licensed dermatologist or healthcare provider before beginning any hair loss treatment regimen, especially if you have underlying scalp conditions or are using prescription medications. MetroForMen™ and its affiliates are not responsible for adverse reactions resulting from misuse of the products discussed.