

· k a n s h a ·  
ALCHEMY

**Kansha is the Japanese word for gratitude and Kansha Alchemy was developed to represent the magical transformation that occurs when we are grateful.**



**When hair and nails are thinning or weak, the first vitamin anyone looks for is Biotin, the ‘hair vitamin’. In truth, Biotin is renowned for doing so much more than nourishing hair, it also improves skin health, supports the healthy metabolism of fats, glucose, carbs and protein (needed for hair), regulates blood sugar, improves heart health and nerve function, reduces inflammation and reduces bad LDL Cholesterol. Biotin seems like a wonder ingredient and truly, this vitamin is key to get hair back to healthy growth, or grow hair faster and longer, especially after damaging processes like hair extensions, as Biotin is key in supporting the keratin infrastructure of hair.**

**Biotin Booster 10,000mcg is a powerful dose of Biotin in one tablet per day for three months for anyone seeking to grow their hair faster or longer, or get stronger nails. If thinning hair, hair loss or shedding is the issue, it is better to start on Kansha Alchemy Good Hair and then move to Biotin Booster 10,000mcg which will cost £19.99 when it launches in January 2021.**

**Kansha Alchemy was developed by a beauty industry exec turned yoga teacher and alternative health practitioner Ann-Louise Holland who wanted to create products that made a difference. After suffering from thinning hair herself, Ann-Louise researched the problem so much she thought it was madness not to pass this information on with her own line. After studying plant medicine and alternative healthcare, she knew that it isn't just products that are going to make us all beautiful, so with Kansha Alchemy she has married her beauty industry expertise with yoga and spiritual philosophy... Kansha Alchemy, with its positive message of gratitude was launched in the US in 2016 and the UK in 2017 with more health products and beauty gadgets in the pipeline.**