

A close-up portrait of a Black woman with voluminous dark curly hair, looking directly at the camera with a slight smile. She is wearing large gold hoop earrings. The background is a soft blue gradient.

Coach Shaunie's **Health & Growth CHALLENGE**

CURRENT PROBLEMS

EXPECTED RESULTS

IDEAL REGIMEN

STYLE IDEAS

PRODUCTS

TOOLS

MY HAIR LOVES...

RECOMMENDATIONS

MY HAIR HATES...