

HAIR TREATMENTS

We all want to look like we've just left the salon and our hair feeling fresh, silky and frizz free. Whether you have coloured, dry, damaged or frizzy hair, it is important to make a hair mask a part of your fortnightly routine to ensure your hair is getting the right nourishment from roots to ends.

LET US EXPLAIN THE STEPS!

STEP ONE *Shampoo your hair twice*

Always shampoo your hair twice, the first shampoo will remove any dirt, oil and product build up off the scalp. The second shampoo will actually clean your hair.

STEP TWO *Wring out your hair*

Before applying treatment to your hair it is crucial you wring it out before you begin. This ensures the treatment can really work through your hair shaft without gliding off from excess water.

STEP THREE *Apply your mask*

Scoop a 20c piece of mask from your treatment tub and evenly distribute across both palms. Starting on the mid-lengths and ends of your hair work the treatment through your hair. With left over excess treatment on your hands work through the roots of your hair.

STEP FOUR *Apply a hot towel*

Wet down a small towel with warm water (large enough to wrap around your head). Ring out and place in the microwave for one minute. Wrap the towel around your head. The steam from the towel aids to open the hair shaft allowing the mask deeper into the hair. Leave for five to ten minutes.

If you want to go a step further, add a few drops of essential oils to a water bottle and spray onto the towel prior to placing in the microwave.

STEP FIVE *Rinse*

Remove your hot towel and rinse treatment from hair thoroughly.

IT'S THAT EASY! Add this into your fortnightly routine and your hair will be beautiful in no time! Easy to apply and easy to follow.

WHY USE A TREATMENT?

A treatment is a high powered mask designed to penetrate the hair, restoring and maintaining internal strength.

WHY IS IT SO IMPORTANT?

It is particularly important if your hair is dry, damaged or frizzy. It can help reduce hair breakage and repair dry and damaged hair.

HOW OFTEN SHOULD I USE ONE?

We recommend a treatment once a fortnight. A deeply nourishing hair mask can make a big difference! Even if you have fairly healthy hair a mask is important to incorporate into your fortnightly routine.

DO I COMB IN MY TREATMENT?

Avoid combing your hair once you have applied the mask, let it absorb the treatment so it can restore itself.

Bode.
HAIR LOUNGE