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Customized Hair Care Recommendations for **Thick Hair**



Shower Care:

We suggest when showering to leave your conditioner on your hair for at least 2-5 minutes before rinsing. After you shampoo, wring out your hair to remove as much water as possible, then apply your conditioner and let it sit several minutes. This will allow it to absorb and condition your hair better than when it is sopping wet.

How often?

NOT every day! Too much shampooing is actually bad for your hair! It is best to shampoo your hair every other day or even LONGER if possible. Over washing your hair tends to make it more oily.

What to use in between washes?

Dry Shampoo works WONDERS! Apply it to your roots at night! This will give extra time for the natural oils on your scalp to absorb and any tossing or turning you do while sleeping will help give your hair more texture & volume. If you tend to wake up with tangles, try sleeping on a satin pillowcase.

Your service professional's top recommendations for your specific hair type are:
