

العناية بالجسم والشعر: ترطيب الجسم والشعر

روتين قصير للجسم والشعر: متى تطبقين، أي قوام تختارين وكيف تحافظين على الترطيب.

apply on damp skin: Body

the skin retains: The first three minutes after a shower are the best for applying body cream or oil
.much more water

lengths-scalp and mid: Hair

Avoid. lengths to the ends-masks or conditioners go from the mid; Shampoo cleanses the scalp
.applying treatments at the roots if you have an oily tendency

Hands and dry areas

especially in, and hands call for a richer texture and several applications a day, knees, Elbows
.winter