

## and heat, masks, scalp: Hair routine

and how to use a straightener or hairdryer, where to apply each product, How often to wash  
.without damaging the fiber

### two different routines: Scalp and fiber

;with the fingertips and never with the nails, Shampoo should be worked only into the scalp  
Confusing. where the hair is more damaged, lengths to ends-conditioner and masks go from mid  
.dry ends-the areas is the usual cause of greasy roots with still

### How often to wash according to your type

every, daily for very oily scalps: not according to a calendar, Wash according to the oil you produce  
and, Two short rinses clean better than one long wash. or dyed hair, curly, two or three days for dry  
.lukewarm water is more respectful of the fiber than very hot water

### Scalp serums and ampoules

minute massage-with a short one, in sections, They are applied to a clean and slightly damp scalp  
They are used daily or on alternate nights. to distribute the product and activate circulation  
.and their results in terms of density are evaluated after three months, depending on the formula

### Weekly masks and treatments

leaving it on all night does not multiply the effect: minute mask per week is sufficient-One 5 to 10  
alternate a, If the hair is very porous due to dye or bleaching. and can weigh the hair down  
.repairing mask with proteins and a purely hydrating one to avoid hardening the fiber

### and thermal protection, straighteners, Heat

always apply a heat protectant and work at the lowest, Before using a hairdryer or straightener  
on thin, Styling tools are used on completely dry hair. temperature that gives you the desired result  
.Finish with cold air to close the cuticle and add shine. and with a single pass per area, sections

### and support from within, neck, Body

which, use the excess to moisturize your neck and shoulders, When rinsing out conditioner  
always, Beauty supplements can accompany the routine. experience the same wear from hot water  
,following the dosage on the package and consulting with your doctor if you are pregnant  
.or taking medication, breastfeeding

