

## **Soins corps et cheveux : hydratation du corps et des cheveux**

Routine courte pour le corps et les cheveux : quand appliquer, quelles textures choisir et comment maintenir l'hydratation.

### **Body: apply on damp skin**

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

### **Hair: scalp and mid-lengths**

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

### **Hands and dry areas**

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