

Perawatan tubuh dan rambut: hidrasi tubuh dan rambut

Rutinitas singkat untuk tubuh dan rambut: kapan mengaplikasikan, tekstur apa yang harus dipilih, dan cara menjaga hidrasi.

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.