

## Hair Maintenance

- Brush your scalp twice daily to assist with maintaining a healthy scalp and hair for better hair growth
- Use shampoo best suited to your scalp and conditioner best suited to your mid lengths and ends (a shampoo and conditioner pair is not always suitable)
- When washing don't use water that's too hot
- Blot hair dry, do not rub, this causes breakage
- Towel dry hair before applying conditioner or treatment so that you're not diluting it
- Brush starting at the ends and work your way up
- Do not brush hair while wet, use a wide tooth comb
- Don't sleep with wet hair
- When sleeping plait hair if possible and use a silk or satin pillow case to minimise friction causing breakage to your hair
- To avoid split ends regular trims are necessary approx. Every 8 weeks. Yes, your hair will still get longer with regular trims (your hair grows about 1cm a month)
- Use a daily moisturiser and a treatment every 1-2 weeks (depending on how often you wash your hair)
- Use a heat protector when using appliances

