

Your Hair, At Home

LISA MAY ECO · TAKE THIS WITH YOU

What we just did

Your hair was restored with the Lisa May Eco line. This is not a harsh chemical treatment. Your hair was cleansed, conditioned, and protected with ingredients that work with your own natural chemistry. What you are seeing right now holds when you keep the routine up at home.

Shampoo day

1. Brush your scalp with a boar bristle brush before you get in the shower.
2. Wet your hair through.
3. Shampoo the scalp — not the hair — with a quarter-size amount. Rinse.
4. Shampoo again. More foam this time. Rinse by letting the water run through.
5. Spray Collagen Spray all over your wet hair.
6. A pea-size amount of conditioner with two drops of Strengthening Oil in your palm. Work it through the ends and lightly on top.
7. Comb through. Towel dry gently — do not rub.
8. Style as normal.

The conditioner stays in. Leave-in, not rinse-out.

Days two through four

You do not need to shampoo every day. Go three to four days between shampoos.

1. Sea Salt Spray first — 8 inches from the scalp, wet or dry hair.
2. Collagen Spray second, over the sea salt.
3. Light blow dry if you want one.

If your hair feels heavy between shampoos, that is old product building up. Brush more, then go back to the shampoo-day routine.

What to expect

- Your scalp may itch for the first few weeks. That is the scalp restoring. It goes away once the scalp is mended.
- Your hair will stop feeling dirty between shampoos. That is the line working.
- You will find your own amounts over time. Start with what we told you, then adjust to your hair.
- Do not shampoo daily. Trust the routine.

Call us if

- You are getting buildup or oily roots — likely too much conditioner. Cut back.
- The itching is still going after three weeks.
- Your hair feels dry — likely too much Sea Salt Spray without enough conditioner. Rebalance.

Salon

Phone

Your stylist

Date of service

Products you took home

Come back and see us on