

# ***TRISSOLA SOLO***

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## ***AT HOME CARE***

### **1<sup>st</sup> - BRUSHING:**

Gather the hair into a ponytail and securely hold close to the scalp. Begin brushing from the ends, carefully working your way up toward the scalp. ⚠️ Brushing your hair before it gets wet will keep the hair from tangling while washing.

### **2<sup>nd</sup> - WASHING:**

⚠️ **Your hair will have an odor for the first 2-3 washes. This is normal and will go away as soon as the hair is dry.**

#### **SHAMPOO:**

- o Use a sulfate-free and paraben-free shampoo. Recommend Trissola Chia or Hydrate Shampoo
- o Begin at the scalp and massage shampoo into hair for 60 seconds.
- o Part hair and rinse all the way to the scalp.

#### **CONDITION:**

- o Use a sulfate -free and paraben-free conditioner. Recommend Trissola Chia or Hydrate Conditioner
- o Apply conditioner from mid-shaft down to the tips of your hair and leave on for 2-3 minutes.
- o Rinse completely.

### **3<sup>rd</sup> - DRYING:**

Towel or air dry your hair as much as possible before using a blow dryer.

The use of leave-in conditioners, heat protectants, as well as treatment oils from mid-shaft to ends is recommended to protect your hair.

Using a blow dryer, rough-dry the hair.

Starting at the ends and working your way up toward the scalp, round brush the hair.

### **4<sup>th</sup> - STYLING:**

⚠️ Do Not Flatiron for the first 30 days after service. It is safe to use thermal tools like curling wands. After 30 days, you may use a flatiron again. The temperature setting depends on your natural hair. You may use a temperature between 270F-400F as long as proper heat protectants are applied before styling.

### **PRODUCTS:**

Use professional grade products recommended by your Stylist to maintain the health of your natural hair.

### **SWIMMING:**

- Before swimming, wet your hair with fresh tap water and apply a small amount of leave-in conditioner to the ends.
- Tie in a loose ponytail or braid.
- Once you are finished swimming, rinse your hair with fresh water and spray with leave-in conditioner.

### **COLORING:**

Coloring hair may be done 2 weeks after your Trissola Solo service has been completed.

