

## *R/D Helpful Product Tips*

**SHAMPOO:** Shake well before use, as ingredients may separate. Rinse hair and scalp x 1-2 mins. Apply shampoo to wet hair. Product is concentrated and pure! **So LESS is BEST!!** Massage through scalp and hair x 3-5 mins (at least). Rise and repeat if needed. Small undissolved pieces of African Black soap may be present in shampoo. Use conditioner afterwards.

**CONDITIONER:** Stir with clean finger (or small spatula) before use, as ingredients may separate. Apply to clean, wet or damp, hair. Massage sufficient amount through hair and scalp x 3-5 mins. Gently comb through hair while detangling. If hair and scalp usually dry, itchy, and/or with damage or breakage, then cover with shower cap and sit under dryer (low heat) for 15-20 mins (or leave in 30-45 mins, if no dryer) for best results. Rinse and style as usual. **\*\*If hair or scalp is usually normal to oily, then skip shower cap (deep conditioning) step and immediately rinse after detangling hair. Spend an extra 2-3 mins rinsing if needed.**

**HOT OIL:** Warm oil by placing bottle under running hot water (sink) for 1-2 mins. Shake well before each use. After towel drying excess water from clean hair, apply small amounts to each of four quadrants of damp scalp (not hair). Product is concentrated and pure! **LESS is BEST!!** Massage through scalp to cover entire head. Cover with shower cap and let sit for 20-30 mins. Rinse excess with warm water. Style as usual. Product can be used weekly, bi-weekly, or only as needed.

**NATURAL RELIEF OIL:** For external use only. Use for minor aches and pains due to sore joints or muscles, superficial skin irritations or abrasions, as well as, minor cuts, scrapes or bruising. Apply thin layer to affected area as needed. Leave area uncovered and undisturbed for 10-15 minutes; then pat area dry of any remaining oil to avoid stains. Do NOT use if pregnant, allergic to ingredients, or sensitive to strong odors. Do not use near eyes or nose. If no relief after 5 days, see a doctor.

**HEEL-N-HANDS BUTTER:** For rough, very dry, cracked or fissured, and scaly skin. Use twice daily for best results. For all other skin types, once daily use should be adequate.

**HAIR BUTTER:** To be used as a daily conditioning hair dress to accentuate your hair's natural texture and softness. Can be applied to dry, moist, or damp hair.

**Body Butter** is oily when 1<sup>st</sup> applying, but this helps it spread much easier. Rub in well (about 30 secs) until no longer feels oily. Skin will have a nice glowing sheen. Use spatula to help prevent over use until you get used to product. If you are oily after rubbing in, then you are using too much.

**\*\*Avoid using products if allergic.\*\***

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