

After each session:

For 4 Days

"For Example, if your treatment was on Monday, you are safe to resume activities starting Friday morning."

- Do not shower your head
- Do not sweat excessively
- Do not shave your head
- Do not use any products
- Wear a hat if in the sun for more than 20 minutes

Long-term Maintenance

After the initial 4-day settling period

- Avoid chlorine water for 4 weeks
- Avoid steam/sauna for 4 weeks
- Avoid hair dye for 4 weeks
- Shaved/short hair clients should avoid growing hair too long as this will create the contrast of the SMP treated areas.
Experiment with your hair length to achieve the best results and look
- You can start to moisturize your scalp at least once a day to avoid dry skin and keep scalp in a good condition
- Wear a hat or sunblock if in the sun more than 1 hour