## DO'S AND DONT'S



## DO'S

- 1. You can shampoo your hair at any time.
- 2. It is your hair, you can pin it up, wear a headband, work out or go swimming.
- 3. Use the Keratherapy Moisture, Volume or Color Protect Shampoo and Conditioner to wash your hair and to prolong your smoothing treatment.
- 4. Keratherapy Dry Shampoo can also be use.
- 5. If going into the pool or ocean, use the Keratherapy Keratin Infused Leave-In Conditioner Spray before going into the water and rinsing hair off upon exiting.



## DON'TS

1. Do not receive any color or highlighting services for at least one week before or one week after.