

B&B ESENCIAL TREATMENT

method of use

STEP 0 – Hair Diagnosis

- Massage strand by strand and use a fine-tooth comb to detangle and help the mask penetrate deep into the cortex.
- **Essentials for proper maintenance of any hair treatment**
- Suitable for all hair types, from fine to very resistant.
- Recommended to prolong the effects of any hair treatment (**straightening, botox, styling, coloring, bleaching...**).
- **Result:** repaired, soft, shiny hair full of vitality.

STEP 1 – Frequent Use Shampoo

- Wash the hair with the shampoo and let it sit for exactly 3 minutes with each lather.
- Rinse thoroughly with plenty of water.
- Repeat this process at least 2 to 3 times until the hair is completely clean.
- Remove as much moisture as possible with a towel (do not use a blow dryer).
- **Tips for a perfect wash:**
 - Start by thoroughly cleaning the scalp using circular motions and gently massaging with your fingertips during the first lather.
 - Massage the entire length of the hair during the following washes.
 - Pay special attention to the nape area, especially during rinsing, to avoid residue—use plenty of water.
 - The final rinse with cold water helps seal the cuticle and stimulate blood circulation.

STEP 2 – Essential Mask

- On damp hair, apply a small amount of the mask from mid-length to ends.
- Leave it on for 15 to 20 minutes depending on hair needs.
- Use plastic wrap or a thermal cap to enhance mask penetration.
- Rinse thoroughly with plenty of water.

TIPS – Final Recommendations

- For extra hydration, mix the needed amount of mask in a bowl with a few pumps of hair oil.
- Apply a heat protector before using the blow dryer.
- For long-lasting results, use the salt-free B&B home care lines.

