

AN EASY GUIDE TO HAIR CARE



BY

Snoozing[®]

B E A U T Y

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INTRODUCTION

Congratulations on purchasing your **Snoozing Beauty® Quick-Drying Hair Turban**. You have taken the first EASY step to improving your hair's health and natural beauty.

Not only will using the Hair Turban make drying your hair an easier chore, every time, but it will also protect your hair from damage and breakage, maintaining healthy beautiful hair.

This guide will show you how to use your Quick Drying Hair Turban and also gives some universal hair care tips.



HAIR SCIENCE

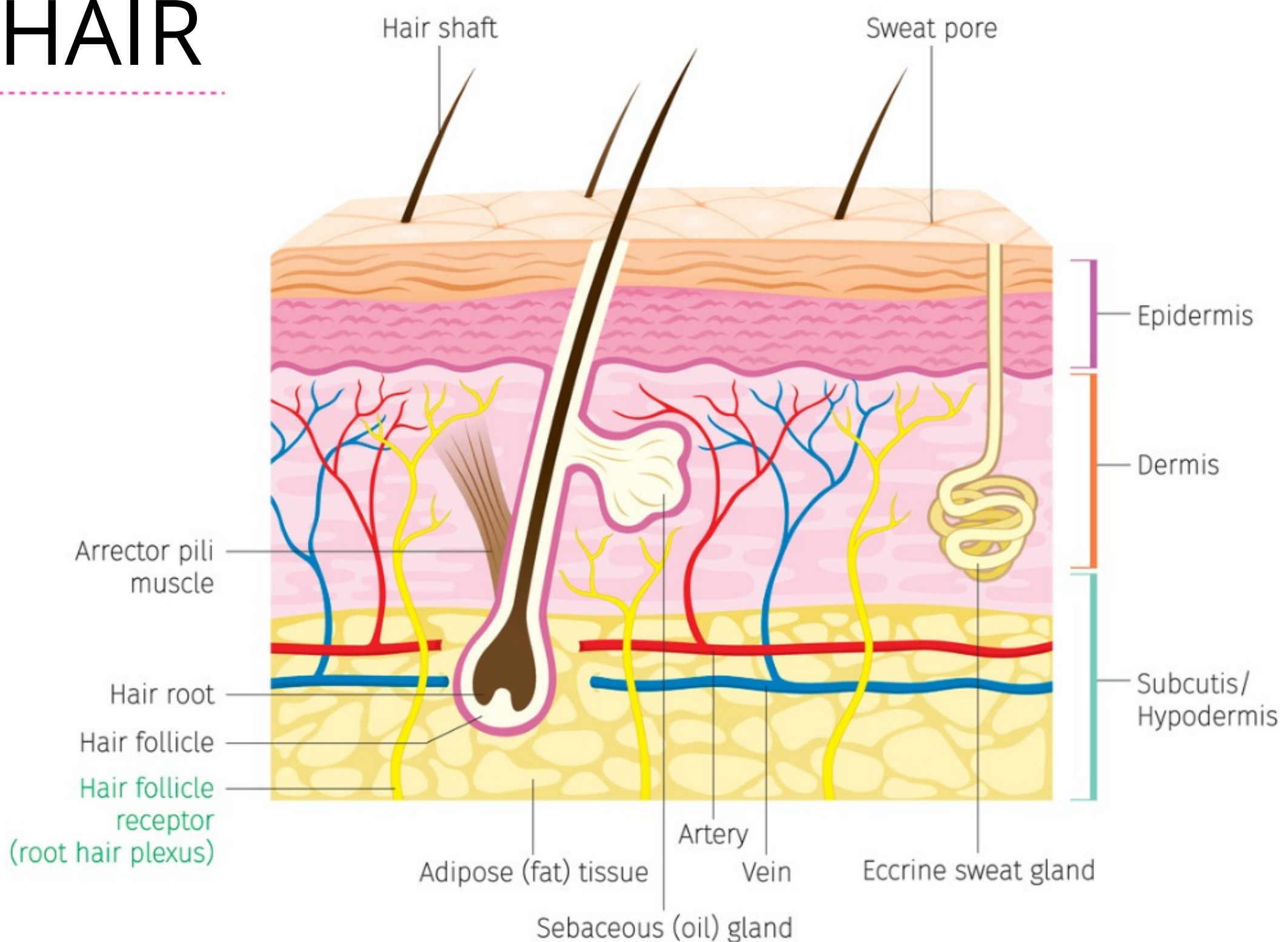
Hair is made mostly of a protein called keratin. Hair fibres or strands, grow from an organ in the area under the skin called a follicle, which is found in the dermis skin layer.

The only "living" part of a hair is found in the follicle as it grows. The hair strand above the skin has no biochemical activity and so is considered "dead".

The hair on our head serves as a heat insulator and coolant, it also helps to protect us from the sun's UV rays. The function of hair in other locations is debated as we still require clothing to keep us warm unlike other mammals.

Straight hair has round hair fibres while wavy or curly hair will usually have irregular and oval shaped hair fibres.

HAIR



HOW TO USE YOUR HAIR TURBAN IN 3 EASY STEPS...

1

After showering or washing your hair hang your towel turban over your wet hair.



2

Wrap the towel around your hair and twist into a corkscrew point.



3

Secure the twisted tip firmly at the back and then with the elastic loop fasten to the button.



Hair Care Tips

Some Hair Care tips are Universal and it shouldn't matter whether you have curly or straight hair, thick or thin hair, or dry or oily hair. You may want to tailor your hair care routine depending on your hair type but it's important that everyone knows the general basics too.

HAIR CARE TIP #1: TURN DOWN THE HEAT

Very hot showers may feel totally relaxing but are they really worth it? Hot water can actually strip your hair of essential oils which can leave it looking dull, lifeless and feeling drier. If you want to protect your hair, next time you wash it, turn down the temperature dial. Warm water will get your hair just as clean but without the risk of damage.

HAIR CARE TIP #2: SCALP COMES FIRST

Your scalp continually produces natural oil (called sebum) and sheds dead skin cells daily. This is why when you use shampoo you should really concentrate on getting your scalp clean. Shampooing only the lengths of your hair is likely to strip it of moisture and cause it to lose its shine, making it look dull and feel dry. In contrast to shampoo, conditioner should be concentrated on the lengths and ends of your hair.

HAIR CARE TIP #3: CONDITION - THE RIGHT WAY

Everyone knows you should use a conditioner but not everyone knows the right way to use it. Conditioner only needs to be used on certain sections of your hair. Your hair tends to get greasy from the roots out as it tries to naturally condition itself. Therefore, you don't need to condition at the roots and need only apply the conditioner from the mid-lengths to the ends.

In order to apply the conditioner, a good tip is to use a wide tooth comb. This helps to evenly spread the conditioner whilst also detangling your hair.

HAIR CARE TIP #4: RINSE, RINSE AND RINSE AGAIN...

Before you get out of the shower make sure you have thoroughly rinsed out all remaining product from your hair. If you are not thorough enough you can leave a product build-up (layer of chemicals that haven't washed away) and that can leave your hair dull and lifeless.

HAIR CARE TIP #5: USE YOUR SNOOZING BEAUTY TURBAN

This is why you bought your Hair Turban in the first place. When you step out of the shower don't dry your hair with a normal towel with a rubbing action. Just gently squeeze out any excess water in your hair and then pop your Snoozing Beauty Quick Drying Hair Turban on. This is far gentler on your hair than towel drying, causes less damage and you have the bonus of being able to get ready whilst your hair dries naturally.

HAIR CARE TIP #6: THINK HEAT PROTECTION

Excessive heat styling can seriously damage your hair. Giving up blow drying, straightening or curling is not an option (obviously!), but doing everything you can to protect your hair before you use heat on it is a must.



Making a small change of using a protective product will make a big difference in protecting against thermal damage. Heat from styling tools often softens the keratin in hair, which as a result damages the protein structures. This protein damage will leave your hair dull and dry but by spraying on a heat protector before you blow dry, straighten, or curl will help protect against this.

HAIR CARE TIP #7: ALWAYS BRUSH AND BLOW-DRY

Blow drying your hair is always a challenge. However, using a round hair brush may make your life a lot easier and achieve a better finish. In order to combat frizz always blow from the roots to the ends of your hair and not the other way around. Always brush your hair in the same direction that you are blow-drying and gently pulling your hair straight with the brush will give you a smoother finish.



HAIR CARE TIP #8: NEVER STRAIGHTEN OR CURL WET HAIR

Using a hot straightener or curling iron on wet or even damp hair can cause damage. The water molecules rapidly expand and turn to steam potentially damaging your hair in the process. It's far more beneficial to wait until your hair is completely dry before styling - either by gently blow-drying it, or air drying if you have the time.

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