

Good Conditioning with Sensé Conditioner

One of the best tools to help get more out of your conditioner is a plastic shower cap, (and one can last several months). This can be a daily ritual for wonderful conditioning:

1. Wash hair with the Sensé Revitalizing Shampoo and squeeze out excess water.
2. Flip your head over so the hair hangs down in front of you. (Especially if you have long hair).
3. Apply conditioner generously, beginning at the top and working your way down. Conditioning "upside-down" like this gets the conditioner to more of the hair.
4. Work the Sensé conditioner in gently with your fingers. (Not your nails)
5. Carefully finger-comb through the hair, to separate tangles and further distribute the conditioner.
6. Here's where the shower cap comes in: Get your fabulous shower cap and put it on over your hair.
7. While you are washing your other parts, your hair is conditioning and not getting in the way or being rinsed off prematurely. While washing & rinsing your body, try to stand under the warm water so that it hits the shower cap... this is the key...the water will obviously not rinse the conditioner out but the heat will help it penetrate much better.
8. When you are ready to rinse out the conditioner, remove the cap. Rinse it out. (Most people do not condition their hair long enough when washing their hair in the shower)
9. Get yourself a sturdy wide-toothed comb. Again, flip your head upside-down and get under the water to rinse. While you are rinsing, gently pull the comb through. This not only saves time by helping the rinsing go faster, it helps with detangling.

Remember to shampoo as normal – do not over wash. Bring a wide spaced brush or wide toothed comb into the shower. You can start your brushing or combing, *before you rinse out the conditioner*, and then follow the rinsing procedure.

Wrap head with a towel or pat dry. Do not rub hair dry, that will only encourage tangling. Split ends, frizzy hair, tangled hair are sometimes caused by styling, blow drying, curling, crimping, coloring, perming and even sometimes hormonal changes.

Bea Kinnear

www.yourskinandyou.net