

# Intensive Hydrating Refresh Treatment

## Powered by Nutriplenish™

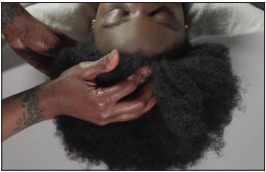
The Intensive Hydrating Refresh Treatment is a targeted treatment powered by plant actives to deeply moisturize and revive dull, dry hair and provide five times more hydration\* and up to two times more shine\*\* after one service. The treatment features a hair massage that promotes the balance of yin and yang energies.

**Time:** 15 minutes

**NOTE:** This treatment should not be performed the same day as a color service. Aveda recommends performing the treatment approximately one week prior to a color service.

### SUPPLIES


- Aveda Aroma Products
  - Nutriplenish™ Professional Intensive Oil Treatment
  - Nutriplenish™ Shampoos: Light Moisture and Deep Moisture
  - Nutriplenish™ Treatment Masques: Light Moisture and Deep Moisture
  - Hand Relief™ Moisturizing Creme
  - 60 ml Applicator Bottle (for Nutriplenish™ Professional Intensive Oil Treatment)
- Comb
  - Sectioning Clips
  - Towels
  - Steam Towel
  - Hooded Dryer, Professional Hair Steamer or Professional Facial Steamer
  - Eye Mask


STEP	DESCRIPTION
1	<div></div> <div><b>Apply Nutriplenish™ Professional Intensive Oil Treatment:</b><ul style="list-style-type: none"><li>• Dispense 15–30 ml of Nutriplenish™ Professional Intensive Oil Treatment into a 60 ml applicator bottle, according to the guest's density (thin: 15 ml, medium: 20 ml, dense: 30 ml).</li><li>• Take 1" sections, and apply the treatment to the guest's hair no closer than 1" from the scalp.</li><li>• Comb through the guest's hair to ensure thorough coverage and saturation.</li></ul><b>NOTE:</b> For strong curly or coily hair textures, use your fingers to evenly distribute the product through and detangle the hair.</div>
2	<div></div> <div><b>Perform the yin-yang hair massage:</b><ul style="list-style-type: none"><li>• Using your little finger, part the guest's hair down the center.</li><li>• Place the flats of your fingers directly on the scalp on the right side of the center parting from the front hairline to the crown, and perform three slow, circular motions in place, moving the scalp tissue.</li><li>• Using your little finger, part the hair, and take a large section from the front hairline to the crown.</li><li>• Beginning at the roots and moving down the length of the section, slowly twist the hair, finishing with gentle, stroking motions at the ends.</li><li>• Pinch the section at the roots, and twist it once more, creating slight tension at the scalp.</li></ul></div>

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\*Laboratory testing on tresses treated with Nutriplenish™ Professional Intensive Oil Treatment, Nutriplenish™ Shampoo: Light Moisture and Nutriplenish™ Treatment Masque: Light Moisture vs. untreated hair. / Laboratory testing on tresses treated with Nutriplenish™ Professional Intensive Oil Treatment, Nutriplenish™ Shampoo: Deep Moisture and Nutriplenish™ Treatment Masque: Deep Moisture vs. untreated hair.

\*\*Laboratory testing on tresses treated with Nutriplenish™ Professional Intensive Oil Treatment, Nutriplenish™ Shampoo: Light Moisture and Nutriplenish™ Treatment Masque: Light Moisture vs. unwashed hair. / Laboratory testing on tresses treated with Nutriplenish™ Professional Intensive Oil Treatment, Nutriplenish™ Shampoo: Deep Moisture and Nutriplenish™ Treatment Masque: Deep Moisture vs. unwashed hair.

STEP	DESCRIPTION
2	<div data-bbox="250 264 1073 434">  </div> <p><b>Perform the yin-yang hair massage (continued):</b></p> <ul style="list-style-type: none"> <li>• Lay the section of hair over the left side of the head.</li> <li>• Place the ball of your hand directly on the scalp under the laid section, and perform vigorous, back-and-forth, vibrating motions, moving from the front hairline toward the back of the head.</li> <li>• Using your little finger, part the hair, and take another large section from the front hairline to the crown.</li> <li>• Place the section between both palms, and lift it up at the roots. Beginning at the roots and moving down the length of the section, gently vibrate your palms down the hair, finishing with a gentle, tugging motion at the ends.</li> <li>• Lay the section of hair over the left side of the head.</li> <li>• Place the flats of your fingers directly on the scalp on the right side of the parting from the front hairline to the crown, and perform five slow, circular motions in place, moving the scalp tissue.</li> <li>• Using your little finger, part the hair, and take a final large section from the front hairline to the crown.</li> <li>• Beginning at the roots and moving down the length of the section, slowly twist the hair, finishing with gentle, stroking motions at the ends.</li> <li>• Pinch the section at the roots, and twist it once more, creating slight tension at the scalp.</li> <li>• Repeat on the left side of the head.</li> </ul> <p><b>NOTE:</b> For strong curly or coily hair textures, perform the following yin-yang hair massage:</p> <ul style="list-style-type: none"> <li>• Part the guest's hair down the center.</li> <li>• Place the flats of your fingers directly on the scalp on the right side of the center parting from the front hairline to the crown, and perform three slow, circular motions in place, moving the scalp tissue.</li> <li>• Part the hair, and take a large section from the right front hairline to the crown. Pull the section to the left and right sides, gently stretching the scalp tissue.</li> <li>• Lay the section of hair over the left side of the head.</li> <li>• Place the ball of your hand directly on the scalp on top of the laid section, and perform vigorous, back-and-forth, vibrating motions, moving from the front hairline toward the back of the head.</li> <li>• Part the hair, and take another large section from the left front hairline to the crown. Place the section between both palms, and lift it up at the roots. Beginning at the roots and moving down the length of the section, gently vibrate your palms down the hair, finishing with a gentle, tugging motion at the ends.</li> <li>• Lay the section of hair over the right side of the head.</li> <li>• Place the flats of your fingers directly on the scalp on the right side of the center parting from the front hairline to the crown, and perform three slow, circular motions in place, moving the scalp tissue.</li> <li>• Repeat as needed to cover the entire head.</li> </ul>

STEP	DESCRIPTION
3	<div></div> <p><b>Perform the heat/steam application:</b></p> <ul style="list-style-type: none"><li>• Place the guest's hair in a professional hair steamer, or wrap it in a steam towel, and place the guest under a hooded dryer or professional facial steamer for five minutes.</li><li>• Cover the guest's eyes with an eye mask.</li><li>• Emulsify two drops of the guest's chosen aroma in your hands, place them under the guest's nose and invite them to take three deep breaths.</li><li>• While the guest is under heat/steam, perform the Stress-Relieving Hand Ritual.</li></ul>
4	<p><b>Shampoo the guest's hair with Nutriplenish™ Shampoo: Light Moisture (fine-to-medium) or Nutriplenish™ Shampoo: Deep Moisture (medium-to-thick), rinse and towel-dry. Repeat if needed.</b></p>
5	<p><b>Apply Nutriplenish™ Treatment Masque: Light Moisture (fine-to-medium) or Nutriplenish™ Treatment Masque: Deep Moisture (medium-to-thick):</b></p> <ul style="list-style-type: none"><li>• Dispense 15 g of the appropriate masque in your hands, emulsify and apply it to the guest's hair. Do not rinse.</li><li>• Massage the masque into the guest's hair for three minutes.</li></ul>
6	<p><b>Rinse the masque from the guest's hair, and towel-dry.</b></p>
STYLE AS DESIRED, OR PERFORM ADDITIONAL HAIR SERVICE AS SCHEDULED.	