



 | Aveda EDUCATION

Aveda Professional Treatments

reference guide

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Repair and Strength

Bond-Building and Strengthening Restorative Treatment

Powered by Botanical Repair™


The Bond-Building and Strengthening Restorative Treatment is a luxurious, high-touch treatment powered by plant actives to stimulate, exfoliate and cleanse the scalp, repair damaged hair and build bonds, making hair five times stronger* after one service. The treatment features a scalp massage that addresses key scalp concerns and promotes healthy hair growth.

Time: 75 minutes (60-minute treatment + 15-minute hair finishing)

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

- Scalp Camera
- Aveda Aroma Products
- Scalp Solutions Stimulating Scalp Massagers (1–2)
- Scalp Solutions Exfoliating Scalp Treatment
- Scalp Solutions Professional Balancing Scalp Masque
- Scalp Solutions Professional Hydrating Scalp Serum
- Scalp Solutions Professional Purifying Scalp Serum
- Botanical Repair™ Strengthening Shampoo
- Botanical Repair™ Professional Hair Strengthening Additive
- Botanical Repair™ Professional Bond Activators: Light and Rich
- Hand Relief™ Moisturizing Creme
- 60 ml Applicator Bottle (for Scalp Solutions Exfoliating Scalp Treatment)
- Hair Color Brush (for Scalp Solutions Professional Balancing Scalp Masque)
- Hair Color Bowl (for Scalp Solutions Professional Balancing Scalp Masque)
- Comb
- Sectioning Clips
- Towels
- Steam Towels (4–6)
- Hooded Dryer, Professional Hair Steamer or Professional Facial Steamer
- **OPTIONAL:** Spa Blanket




STEP	DESCRIPTION
HAIR & SCALP CHECK	
1	<div></div> <div>Perform a Hair & Scalp Check.</div>
2	Share the products you will be using to customize the guest’s treatment.

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*Based on averaged repeat grooming results of color with Botanical Repair™ Color Treatment vs. color with non-conditioning shampoo.

STEP	DESCRIPTION		
WARM-UP: AROMA, BREATH & STRETCH (10 MINUTES)			
3		Perform the aroma inhalation: <ul style="list-style-type: none">• Apply two drops of the guest's chosen aroma to your inner wrists.• Stand to the side of the guest, and invite them to inhale deeply. As they inhale, place one hand on their shoulder, and slowly raise your other hand in front of their nose.	
4		Perform the forehead cradle: <ul style="list-style-type: none">• Stand to the side of the guest. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone.• Hold for two breaths.	
5			
	Perform heated towel therapy: <ul style="list-style-type: none">• Fold a steam towel in half lengthwise, and place it under the occipital bone.• Stand behind the guest. Hold one end of the towel in each hand, and brace your forearms against the sides of the guest's head. Pull the ends of the towel upward, gently stretching the head upward. Pull the ends of the towel downward, gently stretching the head downward.• Pull the right end of the towel downward and the left end upward, with your left forearm braced against the left side of the guest's head, gently stretching it to the right. Pull the left end of the towel downward and the right end upward, with your right forearm braced against the right side of the head, gently stretching it to the left.• Wrap the towel across the guest's forehead with the two ends coming together at the back of the head. Place one hand over the forehead for support, and use your other hand to massage along the occipital bone.		
6			Perform the scalp and neck slide: <ul style="list-style-type: none">• Stand to the side of the guest. Slowly rake your hands through the hair with the entire length of your fingers and your entire palm, moving from the front hairline to the occipital bone. Alternate between the left and right hands. Move around the guest as necessary to cover the entire head. NOTE: For strong curly or coily hair textures, slide your hands into the hair along the front hairline, and slowly squeeze your fingers and palms together, moving from the front hairline to the occipital bone.• Using one or both hands, massage the back of the guest's neck, moving from just below the ears to the tops of the shoulders. Massage over both sides of the neck.

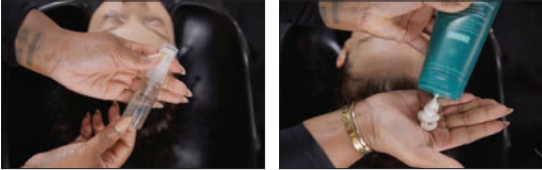


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STEP	DESCRIPTION
SCALP TREATMENT (17 MINUTES)	
7	 <p>Perform the scalp prep:</p> <ul style="list-style-type: none"> Place the Scalp Solutions Stimulating Scalp Massager on the center of the front hairline, and perform three gentle, circular motions. Lift the brush off the scalp. Continue performing three gentle, circular motions, moving along the middle of the head until you reach the nape. Repeat on the right and left sides, covering the entire head. OPTIONAL: Perform the following movements if the guest's hair texture and/or style allow for brushing movements: <ul style="list-style-type: none"> Stand behind the guest. Using two Scalp Solutions Stimulating Scalp Massagers, brush the scalp from the front hairline to the nape, covering the entire head. Stand to the side of the guest. Place the brushes behind the ears, and brush the scalp from ear to ear. Repeat on the other side.
8	Escort the guest to the shampoo bowl.
9	Place a steam towel under the guest's neck and another steam towel or spa blanket over the guest's chest for comfort.
10	 <p>Apply Scalp Solutions Exfoliating Scalp Treatment:</p> <ul style="list-style-type: none"> Dispense 15–30 ml of Scalp Solutions Exfoliating Scalp Treatment into a 60 ml applicator bottle, according to the guest's density (thin: 15 ml, medium: 20 ml, dense: 30 ml). Dampen the guest's hair, and section it into quadrants. Apply the scalp treatment along each parting. Using the pads of your fingers, distribute the scalp treatment into the partings using quick, rubbing motions. Dampen the guest's scalp and hair, and lather the scalp treatment into the scalp. Do not rinse.
11	Shampoo the guest's hair with Botanical Repair™ Strengthening Shampoo, rinse and towel-dry. Repeat if needed.
12	Dispense two drops of the guest's chosen aroma onto a steam towel, and place it under their neck.
13	 <p>Apply Scalp Solutions Professional Balancing Scalp Masque:</p> <ul style="list-style-type: none"> Dispense 15 g of Scalp Solutions Professional Balancing Scalp Masque into a hair color bowl. Apply the scalp masque to the guest's scalp in 1" partings with a hair color brush, covering the entire scalp. Do not rinse.

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STEP	DESCRIPTION
SCALP MASSAGE (8 MINUTES)	
NORMAL-TO-DRY	
14	<div data-bbox="248 359 1065 527">  </div> <ul style="list-style-type: none"> Scalp squeeze (side) Place your palms above the guest's ears. Applying moderate pressure, massage the temporalis muscles using circular motions. Move your hands upward, and place your palms directly against the temporalis muscles on each side of the head with your fingers pointing toward each other and crossing at the crown. Applying light pressure, slowly slide your palms upward, stretching the scalp tissue. Continue stretching and releasing the scalp tissue, moving up to the top of the head. Repeat twice. Scalp squeeze (top) Place your hands on top of the guest's head with your fingers on one side of the midline and the base of your thumbs on the other. Squeeze your fingers and palms together slowly and deeply, lifting the scalp tissue. Continue squeezing and releasing the scalp tissue, moving from the front of the head to the back of the head along the midline. Repeat twice. Scalp squeeze (back) Place your palms on each side of the guest's head above the ears. Applying light pressure, perform circular motions in place. Continue performing circular motions, moving across the back of the head and ending with your hands together. Cover the entire back of the head. Repeat twice.
	<div data-bbox="248 1047 1529 1083">NORMAL-TO-OILY</div> <div data-bbox="248 1094 787 1262">  </div> <ul style="list-style-type: none"> Palm press Place your palms flat along the guest's scalp. Beginning at the midline and moving toward the ears, perform circular motions, maintaining pressure on the scalp. Return to the midline, and continue performing circular motions, covering the entire scalp. Repeat twice. Knuckle scrub Bend your fingertips down toward your palms. Using the flats of your fingers, perform scrubbing motions, covering the entire scalp. Repeat twice.
15	Rinse the masque from the guest's hair, and towel-dry.

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STEP	DESCRIPTION
HAIR TREATMENT (15 MINUTES)	
16	 <p>Apply Botanical Repair™ Professional Hair Strengthening Additive and Botanical Repair™ Professional Bond Activator: Light (fine-to-medium) or Botanical Repair™ Professional Bond Activator: Rich (medium-to-thick):</p> <ul style="list-style-type: none"> • Dispense 10 ml of Botanical Repair™ Professional Hair Strengthening Additive into a spray bottle. Apply it to the guest's hair, and comb through to ensure thorough coverage and saturation. • Dispense 20 g of the appropriate activator in your hands, emulsify and apply it to the hair. • Gather the guest's hair in your hands, and knead from scalp to ends for 30 seconds. • Using your index and middle fingers, press the product from scalp to ends using quick, scissor-like motions, alternating between your right and left hands. • Massage the activator from scalp to ends using thumb-over-thumb motions. • Process for 10 minutes. • OPTIONAL: Place the guest's hair in a professional hair steamer, or dispense two drops of the guest's chosen aroma onto a steam towel, wrap it in the towel and place the guest under a hooded dryer or professional facial steamer to process.
17	Rinse the products from the guest's hair, and towel-dry.
COOLDOWN (10 MINUTES)	
18	 <p>Perform the cold water application:</p> <ul style="list-style-type: none"> • Wet the Scalp Solutions Stimulating Scalp Massager with cold water, and gently brush through the guest's hair, cooling the scalp. <p>NOTE: For strong curly and coily hair textures, wet the Scalp Solutions Stimulating Scalp Massager, and beginning at the center of the front hairline and moving across the entire scalp, perform gentle, circular motions, cooling the scalp.</p> <ul style="list-style-type: none"> • Wet your hands with cold water. Place one hand over the guest's forehead and your other hand under the occipital bone. • Gently press your hands into the forehead and slightly upward into the occipital bone. • Squeeze any remaining water from the guest's hair, and towel-dry. • Escort the guest to your styling station.
19	 <p>Apply Scalp Solutions Professional Hydrating Scalp Serum (normal-to-dry) or Scalp Solutions Professional Purifying Scalp Serum (normal-to-oily):</p> <ul style="list-style-type: none"> • Section the guest's hair into quadrants. • Apply two droppers (1.6 ml or 20–25 drops) of the appropriate serum to the guest's scalp along each parting. <p>NOTE: Do not touch the dropper to the guest's scalp.</p> <ul style="list-style-type: none"> • Using the pads of your fingers, evenly distribute the product across the guest's scalp.

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STEP	DESCRIPTION
20	<div data-bbox="250 262 513 432" data-label="Image"> </div> <p>Perform the closing movement:</p> <ul style="list-style-type: none"> • Slide your palms and the flats of your fingers from the guest's front hairline to the crown. • Rake your fingers through the guest's hair, covering the entire scalp. • Place your hands on the guest's shoulders to indicate closure.
21	<p>Reassess the guest's scalp with the scalp camera to demonstrate the results of the treatment.</p>
22	<p>Educate the guest on the Botanical Repair™ system most appropriate for their needs and how to incorporate the products, including additional scalp products, into their current scalp and hair care regimen.</p>
<p>STYLE AS DESIRED (15 MINUTES)</p>	

Bond-Building and Strengthening Refresh Treatment





Powered by Botanical Repair™

The Bond-Building and Strengthening Refresh Treatment is a targeted treatment powered by plant actives to repair damaged hair and build bonds, making hair five times stronger* after one service.

Time: 15 minutes

SUPPLIES

- Botanical Repair™ Strengthening Shampoo
- Botanical Repair™ Professional Hair Strengthening Additive
- Botanical Repair™ Professional Bond Activators: Light and Rich
- Spray Bottle
- Comb
- Towels

STEP	DESCRIPTION
1	Shampoo the guest’s hair with Botanical Repair™ Strengthening Shampoo, rinse and towel-dry.
2	<div></div> <div>Dispense 10 ml of Botanical Repair™ Professional Hair Strengthening Additive into a spray bottle. Apply it to the guest’s hair, and comb through to ensure thorough coverage and saturation.</div>
3	<div></div> <div>Dispense 20 g of Botanical Repair™ Professional Bond Activator: Light (fine-to-medium) or Botanical Repair™ Professional Bond Activator: Rich (medium-to-thick) in your hands, emulsify and apply it to the guest’s hair.</div>
4	<div></div> <div>Gather the guest’s hair in your hands, and knead from scalp to ends for 30 seconds.</div>
5	<div></div> <div>Comb through the guest’s hair to ensure thorough coverage and saturation.</div>
6	Process for 10 minutes.
7	Rinse the products from the guest’s hair, and towel-dry.
STYLE AS DESIRED, OR PERFORM ADDITIONAL HAIR SERVICE AS SCHEDULED.	

*Based on averaged repeat grooming results of color with Botanical Repair™ Color Treatment vs. color with non-conditioning shampoo.

Bond-Building and Strengthening Color Treatment




Powered by Botanical Repair™

The Bond-Building and Strengthening Color Treatment is a targeted treatment powered by plant actives to repair damaged hair and build bonds, making hair five times stronger* after one service.

Time: This treatment adds 15 minutes to the scheduled hair color service.



SUPPLIES

- Botanical Repair™ Professional Equalizing Primer
- Botanical Repair™ Professional Hair Strengthening Additive
- Aveda Hair Color
- Botanical Repair™ Strengthening Shampoo
- Botanical Repair™ Professional Bond Activators: Light and Rich
- Comb
- Towels

STEP	DESCRIPTION
1	<div>  <p>Spray the guest's hair with 5 ml of Botanical Repair™ Professional Equalizing Primer, and comb through to ensure thorough coverage and saturation.</p> <p>NOTE: If desired, blow-dry the product into the hair.</p> </div>
2	<div>  <p>Mix the appropriate amount of Botanical Repair™ Professional Hair Strengthening Additive into the hair color formula. Use 8 g for every 40 g of hair color or 30 g of Enlightener™ Powder Lightener.</p> </div>
3	Perform the scheduled color service, including color balancing, if necessary, and rinse and removal.
4	Shampoo the guest's hair with Botanical Repair™ Strengthening Shampoo, rinse and towel-dry.
5	<div>  <p>Dispense 20 g of Botanical Repair™ Professional Bond Activator: Light (fine-to-medium) or Botanical Repair™ Professional Bond Activator: Rich (medium-to-thick) in your hands, emulsify and apply it to the guest's hair.</p> </div>

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*Based on averaged repeat grooming results of color with Botanical Repair™ Color Treatment vs. color with non-conditioning shampoo.

STEP	DESCRIPTION	
6		Gather the guest's hair in your hands, and knead from scalp to ends for 30 seconds.
7		Comb through the guest's hair to ensure thorough coverage and saturation.
8	Process for 10 minutes.	
9	Rinse the products from the guest's hair, and towel-dry.	
STYLE AS DESIRED, OR PERFORM ADDITIONAL HAIR SERVICE AS SCHEDULED.		



Nutrition and Hydration

Intensive Hydrating Restorative Treatment

Powered by Nutriplenish™


The Intensive Hydrating Restorative Treatment is a luxurious, high-touch treatment powered by plant actives to stimulate, exfoliate and cleanse the scalp and deeply moisturize and revive dull, dry hair, providing five times more hydration* and up to two times more shine** after one service. The treatment features a scalp massage that addresses key scalp concerns and promotes healthy hair growth, a hair massage that promotes the balance of yin and yang energies and additional movements that target key marma points.

Time: 75 minutes (60-minute treatment + 15-minute hair finishing)

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



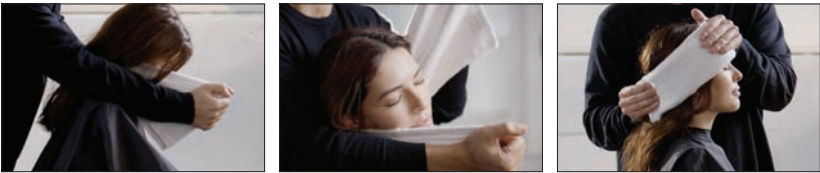

- Scalp Camera
 - Aveda Aroma Products
 - Scalp Solutions Stimulating Scalp Massagers (1–2)
 - Nutriplenish™ Professional Intensive Oil Treatment
 - Scalp Solutions Exfoliating Scalp Treatment
 - Scalp Solutions Professional Balancing Scalp Masque
 - Scalp Solutions Professional Hydrating Scalp Serum
 - Scalp Solutions Professional Purifying Scalp Serum
 - Nutriplenish™ Shampoos: Light Moisture and Deep Moisture
 - Nutriplenish™ Treatment Masques: Light Moisture and Deep Moisture
 - Hand Relief™ Moisturizing Creme
 - 60 ml Applicator Bottles (2; 1 for Nutriplenish™ Professional Intensive Oil Treatment, 1 for Scalp Solutions Exfoliating Scalp Treatment)
- Hair Color Brush (for Scalp Solutions Professional Balancing Scalp Masque)
 - Hair Color Bowl (for Scalp Solutions Professional Balancing Scalp Masque)
 - Comb
 - Sectioning Clips
 - Towels
 - Steam Towels (4–6)
 - Hooded Dryer, Professional Hair Steamer or Professional Facial Steamer
 - Eye Mask
 - OPTIONAL:** Spa Blanket

STEP	DESCRIPTION
HAIR & SCALP CHECK	
1	<div>  </div> <div>Perform a Hair & Scalp Check.</div>
2	Share the products you will be using to customize the guest’s treatment.





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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
WARM-UP: AROMA, BREATH & STRETCH (10 MINUTES)	
3	 <p>Perform the aroma inhalation:</p> <ul style="list-style-type: none"> • Apply two drops of the guest's chosen aroma to your inner wrists. • Stand to the side of the guest, and invite them to inhale deeply. As they inhale, place one hand on their shoulder, and slowly raise your other hand in front of their nose.
4	 <p>Perform the forehead cradle:</p> <ul style="list-style-type: none"> • Stand to the side of the guest. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone. • Hold for two breaths.
5	 <p>Perform heated towel therapy:</p> <ul style="list-style-type: none"> • Fold a steam towel in half lengthwise, and place it under the occipital bone. • Stand behind the guest. Hold one end of the towel in each hand, and brace your forearms against the sides of the guest's head. Pull the ends of the towel upward, gently stretching the head upward. Pull the ends of the towel downward, gently stretching the head downward. • Pull the right end of the towel downward and the left end upward, with your left forearm braced against the left side of the guest's head, gently stretching it to the right. Pull the left end of the towel downward and the right end upward, with your right forearm braced against the right side of the head, gently stretching it to the left. • Wrap the towel across the guest's forehead with the two ends coming together at the back of the head. Place one hand over the forehead for support, and use your other hand to massage along the occipital bone.
6	 <p>Perform the scalp and neck slide:</p> <ul style="list-style-type: none"> • Stand to the side of the guest. Slowly rake your hands through the hair with the entire length of your fingers and your entire palm, moving from the front hairline to the occipital bone. Alternate between the left and right hands. Move around the guest as necessary to cover the entire head. <p>NOTE: For strong curly or coily hair textures, slide your hands into the hair along the front hairline, and slowly squeeze your fingers and palms together, moving from the front hairline to the occipital bone.</p> <ul style="list-style-type: none"> • Using one or both hands, massage the back of the guest's neck, moving from just below the ears to the tops of the shoulders. Massage over both sides of the neck.

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STEP	DESCRIPTION
SCALP AND HAIR TREATMENT AND HAIR MASSAGE (32 MINUTES)	
7	 <p>Perform the scalp prep:</p> <ul style="list-style-type: none"> Place the Scalp Solutions Stimulating Scalp Massager on the center of the front hairline, and perform three gentle, circular motions. Lift the brush off the scalp. Continue performing three gentle, circular motions, moving along the middle of the head until you reach the nape. Repeat on the right and left sides, covering the entire head. OPTIONAL: Perform the following movements if the guest's hair texture and/or style allow for brushing movements: <ul style="list-style-type: none"> Stand behind the guest. Using two Scalp Solutions Stimulating Scalp Massagers, brush the scalp from the front hairline to the nape, covering the entire head. Stand to the side of the guest. Place the brushes behind the ears, and brush the scalp from ear to ear. Repeat on the other side.
8	Escort the guest to the shampoo bowl.
9	 <p>Place a steam towel under the guest's neck and another steam towel or spa blanket over the guest's chest for comfort.</p>
10	 <p>Apply Nutriplenish™ Professional Intensive Oil Treatment:</p> <ul style="list-style-type: none"> 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). Take 1" sections, and apply the treatment to the guest's hair no closer than 1" from the scalp. Comb through the guest's hair to ensure thorough coverage and saturation. <p>NOTE: For strong curly or coily hair textures, use your fingers to evenly distribute the product through and detangle the hair.</p>
11	 <p>Perform the yin-yang hair massage:</p> <ul style="list-style-type: none"> Using your little finger, part the guest's hair down the center. 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. Using your little finger, part the hair, and take a large section from the front hairline to the crown. Beginning at the roots and moving down the length of the section, slowly twist the hair, finishing with gentle, stroking motions at the ends. Pinch the section at the roots, and twist it once more, creating slight tension at the scalp.



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STEP	DESCRIPTION
11	<div data-bbox="250 262 1354 432">  </div> <p>Perform the yin-yang hair massage (continued):</p> <ul style="list-style-type: none"> • Lay the section of hair over the left side of the head. • 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. • Using your little finger, part the hair, and take another large section from the 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. • Lay the section of hair over the left side of the head. • 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 three slow, circular motions in place, moving the scalp tissue. • Using your little finger, part the hair, and take a final large section from the front hairline to the crown. • Beginning at the roots and moving down the length of the section, slowly twist the hair, finishing with gentle, stroking motions at the ends. • Pinch the section at the roots, and twist it once more, creating slight tension at the scalp. • Repeat on the left side of the head. <p>NOTE: For strong curly or coily hair textures, perform the following yin-yang hair massage:</p> <ul style="list-style-type: none"> • Part the guest's hair down the center. • 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. • 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. • Lay the section of hair over the left side of the head. • 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. • 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. • Lay the section of hair over the right side of the head. • 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. • Repeat as needed to cover the entire head.




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STEP	DESCRIPTION
12	<div data-bbox="250 264 513 432"></div> <div data-bbox="529 264 792 432"></div> <div data-bbox="808 264 1071 432"></div> <p>Perform the heat/steam application:</p> <ul style="list-style-type: none"> 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. Cover the guest's eyes with an eye mask. 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. While the guest is under heat/steam, perform the Stress-Relieving Hand Ritual.
13	<div data-bbox="250 701 513 869"></div> <div data-bbox="529 701 792 869"></div> <div data-bbox="808 701 1071 869"></div> <p>Apply Scalp Solutions Exfoliating Scalp Treatment:</p> <ul style="list-style-type: none"> Dispense 15–30 ml of Scalp Solutions Exfoliating Scalp Treatment into a 60 ml applicator bottle, according to the guest's density (thin: 15 ml, medium: 20 ml, dense: 30 ml). Dampen the guest's hair, and section it into quadrants. Apply the scalp treatment along each parting. Using the pads of your fingers, distribute the scalp treatment into the partings using quick, rubbing motions. Dampen the guest's scalp and hair, and lather the scalp treatment into the scalp. Do not rinse.
14	<p>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.</p>
15	<p>Dispense two drops of the guest's chosen aroma onto a steam towel, and place it under their neck.</p>
16	<div data-bbox="250 1411 513 1579"></div> <p>Apply Scalp Solutions Professional Balancing Scalp Masque and Nutriplenish™ Treatment Masque: Light Moisture (fine-to-medium) or Nutriplenish™ Treatment Masque: Deep Moisture (medium-to-thick):</p> <ul style="list-style-type: none"> Dispense 15 g of Scalp Solutions Professional Balancing Scalp Masque into a hair color bowl. Apply the scalp masque to the guest's scalp in 1" partings with a hair color brush, covering the entire scalp. Do not rinse. Dispense 15 g of the appropriate Nutriplenish™ Treatment Masque in your hands, emulsify and apply it to the guest's hair. Do not rinse.

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STEP	DESCRIPTION
17	<p align="center">SCALP MASSAGE (8 MINUTES)</p>
	<p align="center">NORMAL-TO-DRY</p> <div data-bbox="248 354 1062 525">  </div> <ul style="list-style-type: none"> Scalp squeeze (side) Place your palms above the guest's ears. Applying moderate pressure, massage the temporalis muscles using circular motions. Move your hands upward, and place your palms directly against the temporalis muscles on each side of the head with your fingers pointing toward each other and crossing at the crown. Applying light pressure, slowly slide your palms upward, stretching the scalp tissue. Continue stretching and releasing the scalp tissue, moving up to the top of the head. Repeat twice. Scalp squeeze (top) Place your hands on top of the guest's head with your fingers on one side of the midline and the base of your thumbs on the other. Squeeze your fingers and palms together slowly and deeply, lifting the scalp tissue. Continue squeezing and releasing the scalp tissue, moving from the front of the head to the back of the head along the midline. Repeat twice. Scalp squeeze (back) Place your palms on each side of the guest's head above the ears. Applying light pressure, perform circular motions in place. Continue performing circular motions, moving across the back of the head and ending with your hands together. Cover the entire back of the head. Repeat twice.
	<p align="center">NORMAL-TO-OILY</p> <div data-bbox="248 1096 787 1266">  </div> <ul style="list-style-type: none"> Palm press Place your palms flat along the guest's scalp. Beginning at the midline and moving toward the ears, perform circular motions, maintaining pressure on the scalp. Return to the midline, and continue performing circular motions, covering the entire scalp. Repeat twice. Knuckle scrub Bend your fingertips down toward your palms. Using the flats of your fingers, perform scrubbing motions, covering the entire scalp. Repeat twice.
18	<p>Place a steam towel over the guest's hair, run warm water over the towel for two minutes, squeeze and remove the towel and rinse the products from the guest's hair.</p>

CONTINUED>

STEP	DESCRIPTION
COOLDOWN (10 MINUTES)	
19	 <p>Perform the cold water application:</p> <ul style="list-style-type: none"> Wet the Scalp Solutions Stimulating Scalp Massager with cold water, and gently brush through the guest's hair, cooling the scalp. NOTE: For strong curly and coily hair textures, wet the Scalp Solutions Stimulating Scalp Massager, and beginning at the center of the front hairline and moving across the entire scalp, perform gentle, circular motions, cooling the scalp. Wet your hands with cold water. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone. Squeeze any remaining water from the guest's hair, and towel-dry. Escort the guest to your styling station.
20	 <p>Apply Scalp Solutions Professional Hydrating Scalp Serum (normal-to-dry) or Scalp Solutions Professional Purifying Scalp Serum (normal-to-oily):</p> <ul style="list-style-type: none"> Section the guest's hair into quadrants. Apply two droppers (1.6 ml or 20–25 drops) of the appropriate serum to the guest's scalp along each parting. NOTE: Do not touch the dropper to the guest's scalp. Using the pads of your fingers, evenly distribute the product across the guest's scalp.
21	 <p>Perform the closing movement:</p> <ul style="list-style-type: none"> Place your palms together with the sides of your hands on the center of the guest's head. Perform tapotement movements, moving from the front hairline to the back of the head and back to the front hairline, and then from the front hairline to each side of the head. Place your hands flat on the scalp. Perform seven counterclockwise circles followed by seven counterclockwise circles to activate the Kapala marma point, located in the middle of the forehead at the front hairline. Interlace your fingers, and place your hands on the crown. Perform seven pumping movements to activate the Adhipati marma point, located on the midline 1–3 cm past the crown. NOTE: For strong curly or coily hair textures, perform seven circular movements to activate the marma point. Place your hands on the guest's shoulders to indicate closure.
22	<p>Reassess the guest's scalp with the scalp camera to demonstrate the results of the treatment.</p>
23	<p>Educate the guest on the Nutriplenish™ system most appropriate for their needs and how to incorporate the products, including additional scalp products, into their current scalp and hair care regimen.</p>
STYLE AS DESIRED (15 MINUTES)	

Intensive Hydrating Refresh Treatment

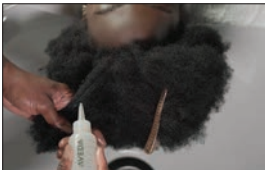
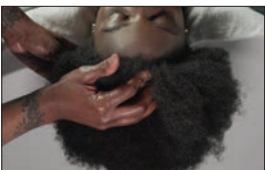
Powered by Nutriplenish™

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

SUPPLIES

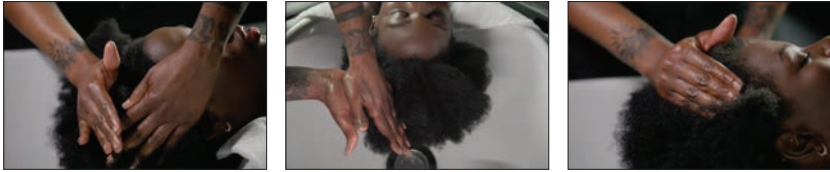
- Aveda Aroma Products
- Nutriplenish™ Professional Intensive Oil Treatment
- Nutriplenish™ Shampoos: Light Moisture and Deep Moisture
- Nutriplenish™ Treatment Masques: Light Moisture and Deep Moisture
- Hand Relief™ Moisturizing Creme
- 60 ml Applicator Bottle (for Nutriplenish™ Professional Intensive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

STEP	DESCRIPTION
1	 <p>Apply Nutriplenish™ Professional Intensive Oil Treatment:</p> <ul style="list-style-type: none"> • 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). • Take 1" sections, and apply the treatment to the guest's hair no closer than 1" from the scalp. • Comb through the guest's hair to ensure thorough coverage and saturation. <p>NOTE: For strong curly or coily hair textures, use your fingers to evenly distribute the product through and detangle the hair.</p>
2	 <p>Perform the yin-yang hair massage:</p> <ul style="list-style-type: none"> • Using your little finger, part the guest's hair down the center. • 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. • Using your little finger, part the hair, and take a large section from the front hairline to the crown. • Beginning at the roots and moving down the length of the section, slowly twist the hair, finishing with gentle, stroking motions at the ends. • Pinch the section at the roots, and twist it once more, creating slight tension at the scalp.

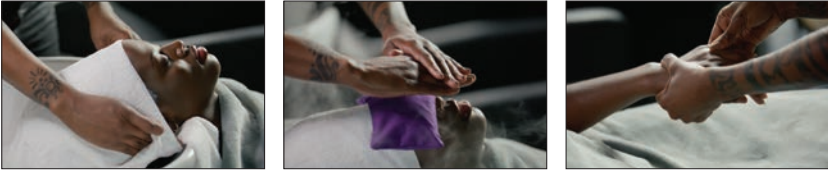
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*Laboratory testing on tresses treated with Nutriplenish™ Professional Intensive Oil Treatment, Nutriplenish™ Shampoo: Light Moisture and Nutriplenish™ Treatment Masque: Light Moisture vs. untreated hair. / Laboratory testing on tresses treated with 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="248 264 1073 434">  </div> <p>Perform the yin-yang hair massage (continued):</p> <ul style="list-style-type: none"> • Lay the section of hair over the left side of the head. • 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. • Using your little finger, part the hair, and take another large section from the 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. • Lay the section of hair over the left side of the head. • 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 three slow, circular motions in place, moving the scalp tissue. • Using your little finger, part the hair, and take a final large section from the front hairline to the crown. • Beginning at the roots and moving down the length of the section, slowly twist the hair, finishing with gentle, stroking motions at the ends. • Pinch the section at the roots, and twist it once more, creating slight tension at the scalp. • Repeat on the left side of the head. <p>NOTE: For strong curly or coily hair textures, perform the following yin-yang hair massage:</p> <ul style="list-style-type: none"> • Part the guest's hair down the center. • 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. • 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. • Lay the section of hair over the left side of the head. • 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. • 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. • Lay the section of hair over the right side of the head. • 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. • Repeat as needed to cover the entire head.

CONTINUED>

STEP	DESCRIPTION
3	<div data-bbox="250 262 1073 432">  </div> <p>Perform the heat/steam application:</p> <ul style="list-style-type: none"> • 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. • Cover the guest's eyes with an eye mask. • 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. • While the guest is under heat/steam, perform the Stress-Relieving Hand Ritual.
4	<p>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.</p>
5	<p>Apply Nutriplenish™ Treatment Masque: Light Moisture (fine-to-medium) or Nutriplenish™ Treatment Masque: Deep Moisture (medium-to-thick):</p> <ul style="list-style-type: none"> • Dispense 15 g of the appropriate masque in your hands, emulsify and apply it to the guest's hair. Do not rinse. • Massage the masque into the guest's hair for three minutes.
6	<p>Rinse the masque from the guest's hair, and towel-dry.</p>
<p>STYLE AS DESIRED, OR PERFORM ADDITIONAL HAIR SERVICE AS SCHEDULED.</p>	



Volume and Thickening

Intensive Thickening Restorative Treatment

Powered by Invati Ultra Advanced™

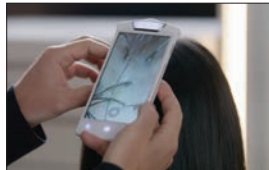

The Intensive Thickening Restorative Treatment is a luxurious, high-touch treatment powered by plant actives to stimulate, exfoliate and cleanse the scalp, boost volume and treat thinning hair, reducing hair loss by 77%* and instantly thickening hair by up to 11%**. The treatment features a scalp massage that relieves scalp tension and enhances circulation, helping create the ideal environment for thicker, fuller hair.

Time: 75 minutes (60-minute treatment + 15-minute hair finishing)

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.

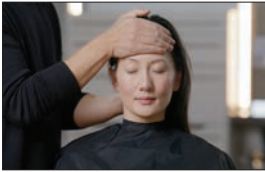



SUPPLIES

- Scalp Camera
 - Aveda Aroma Products
 - Scalp Solutions Stimulating Scalp Massagers (1–2)
 - Scalp Solutions Exfoliating Scalp Treatment
 - Scalp Solutions Professional Balancing Scalp Masque
 - Invati Ultra Advanced™ Exfoliating Shampoos: Light and Rich
 - Invati Ultra Advanced™ Thickening Conditioners: Light and Rich
 - Invati Ultra Advanced™ Revitalizing Scalp Serum
 - Invati Ultra Advanced™ Fortifying Leave-In Treatment
 - Invati Ultra Advanced™ Thickening Foam
 - Hand Relief™ Moisturizing Creme
 - 60 ml Applicator Bottle (for Scalp Solutions Exfoliating Scalp Treatment)
- Hair Color Brush (for Scalp Solutions Professional Balancing Scalp Masque)
 - Hair Color Bowl (for Scalp Solutions Professional Balancing Scalp Masque)
 - Comb
 - Sectioning Clips
 - Towels
 - Steam Towels (4–6)
 - Hooded Dryer, Professional Hair Steamer or Professional Facial Steamer
 - Eye Mask
 - **OPTIONAL:** Spa Blanket




STEP	DESCRIPTION	
HAIR & SCALP CHECK		
1		Perform a Hair & Scalp Check.
2	Share the products you will be using to customize the guest's treatment.	
WARM-UP: AROMA, BREATH & STRETCH (10 MINUTES)		
3		<p>Perform the aroma inhalation:</p> <ul style="list-style-type: none">• Apply two drops of the guest's chosen aroma to your inner wrists.• Stand to the side of the guest, and invite them to inhale deeply. As they inhale, place one hand on their shoulder, and slowly raise your other hand in front of their nose.

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*Due to breakage, from repeat grooming test on tresses after using the Invati Ultra Advanced™ four-step system of shampoo, conditioner, serum and leave-in.
 **Ex vivo testing after using the Invati Ultra Advanced™ five-step system of shampoo, conditioner, serum, leave-in and foam.

STEP	DESCRIPTION
4	 <p>Perform the forehead cradle:</p> <ul style="list-style-type: none"> • Stand to the side of the guest. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone. • Hold for two breaths.
5	 <p>Perform heated towel therapy:</p> <ul style="list-style-type: none"> • Fold a steam towel in half lengthwise, and place it under the occipital bone. • Stand behind the guest. Hold one end of the towel in each hand, and brace your forearms against the sides of the guest's head. Pull the ends of the towel upward, gently stretching the head upward. Pull the ends of the towel downward, gently stretching the head downward. • Pull the right end of the towel downward and the left end upward, with your left forearm braced against the left side of the guest's head, gently stretching it to the right. Pull the left end of the towel downward and the right end upward, with your right forearm braced against the right side of the head, gently stretching it to the left. • Wrap the towel across the guest's forehead with the two ends coming together at the back of the head. Place one hand over the forehead for support, and use your other hand to massage along the occipital bone.
6	 <p>Perform the scalp and neck slide:</p> <ul style="list-style-type: none"> • Stand to the side of the guest. Slowly rake your hands through the hair with the entire length of your fingers and your entire palm, moving from the front hairline to the occipital bone. Alternate between the left and right hands. Move around the guest as necessary to cover the entire head. <p>NOTE: For strong curly or coily hair textures, slide your hands into the hair along the front hairline, and slowly squeeze your fingers and palms together, moving from the front hairline to the occipital bone.</p> <ul style="list-style-type: none"> • Using one or both hands, massage the back of the guest's neck, moving from just below the ears to the tops of the shoulders. Massage over both sides of the neck.
7	 <p>Perform the scalp prep:</p> <ul style="list-style-type: none"> • Place the Scalp Solutions Stimulating Scalp Massager on the center of the front hairline, and perform three gentle, circular motions. Lift the brush off the scalp. • Continue performing three gentle, circular motions, moving along the middle of the head until you reach the nape. • Repeat on the right and left sides, covering the entire head. • OPTIONAL: Perform the following movements if the guest's hair texture and/or style allow for brushing movements: <ul style="list-style-type: none"> — Stand behind the guest. Using two Scalp Solutions Stimulating Scalp Massagers, brush the scalp from the front hairline to the nape, covering the entire head. — Stand to the side of the guest. Place the brushes behind the ears, and brush the scalp from ear to ear. — Repeat on the other side.




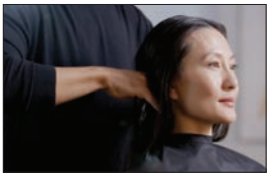


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STEP	DESCRIPTION
SCALP AND HAIR TREATMENT (17 MINUTES)	
8	Escort the guest to the shampoo bowl.
9	 <p>Place a steam towel under the guest's neck and another steam towel or spa blanket over the guest's chest for comfort.</p>
10	 <p>Apply Scalp Solutions Exfoliating Scalp Treatment:</p> <ul style="list-style-type: none"> • Dispense 15–30 ml of Scalp Solutions Exfoliating Scalp Treatment into a 60 ml applicator bottle, according to the guest's density (thin: 15 ml, medium: 20 ml, dense: 30 ml). • Dampen the guest's hair, and section it into quadrants. • Apply the scalp treatment along each parting. • Using the pads of your fingers, distribute the scalp treatment into the partings using quick, rubbing motions. • Dampen the guest's scalp and hair, and lather the scalp treatment into the scalp. Do not rinse.
11	Shampoo the guest's hair with Invati Ultra Advanced™ Exfoliating Shampoo: Light (fine-to-medium) or Invati Ultra Advanced™ Exfoliating Shampoo: Rich (medium-to-thick), rinse and towel-dry. Repeat if needed.
12	Dispense two drops of the guest's chosen aroma onto a steam towel, and place it under their neck.
13	 <p>Apply Scalp Solutions Professional Balancing Scalp Masque and Invati Ultra Advanced™ Thickening Conditioner: Light (fine-to-medium) or Invati Ultra Advanced™ Thickening Conditioner: Rich (medium-to-thick):</p> <ul style="list-style-type: none"> • Dispense 15 g of Scalp Solutions Professional Balancing Scalp Masque into a hair color bowl. • Apply the scalp masque to the guest's scalp in 1" partings with a hair color brush, covering the entire scalp. Do not rinse. • Dispense the appropriate Invati Ultra Advanced™ Thickening Conditioner in your hands, emulsify and apply it to the guest's hair. Do not rinse.

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STEP	DESCRIPTION
SCALP MASSAGE (23 MINUTES)	
14	<div data-bbox="250 310 1344 478">  </div> <ul style="list-style-type: none"> Scalp stroke Place your fingertips on the center of the guest's forehead. Applying light pressure, perform slow, effleurage motions, moving toward the back of the head. Place your fingertips on one side of the forehead, and repeat the motion. Repeat on the other side of the forehead. Scalp circles Place your hands on each side of the guest's head. Applying moderate pressure, alternate performing circular and back-and-forth motions, moving the entire scalp. Keep one hand stationary while the other performs the motions, switch hands and then perform the motions with both hands together. Place one hand on the guest's forehead and the other on the back of the guest's head with your fingers facing each other, and repeat the motions. Scalp squeeze Place your hands on one side of the guest's front hairline with your fingertips facing each other 2–3" apart. Press your fingertips toward each other, squeezing the scalp together and forming a crease in the skin, and hold for two seconds. Cover the entire head, moving from one side to the other. <div data-bbox="250 919 789 1087">  </div> <ul style="list-style-type: none"> Scalp stretch Beginning on one side of the guest's front hairline, take small sections of hair, and gently pull them away from the scalp. Cover the entire head, moving from one side to the other. Scalp over skull Place your palms flat on each side of the guest's head. Move the scalp tissue from side to side, manipulating it in opposite directions and moving toward the back of the head. Repeat twice.
15	<div data-bbox="250 1314 1062 1482">  </div> <p>Perform the heat/steam application:</p> <ul style="list-style-type: none"> 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. Cover the guest's eyes with an eye mask. 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. While the guest is under heat/steam, perform the Stress-Relieving Hand Ritual.
16	<p>Place a steam towel over the guest's hair, run warm water over the towel for two minutes, gently press the scalp through towel, remove the towel and rinse the products from the guest's hair.</p>

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STEP	DESCRIPTION
COOLDOWN (10 MINUTES)	
17	 <p>Perform the cold water application:</p> <ul style="list-style-type: none"> Wet the Scalp Solutions Stimulating Scalp Massager with cold water, and gently brush through the guest's hair, cooling the scalp. NOTE: For strong curly and coily hair textures, wet the Scalp Solutions Stimulating Scalp Massager, and beginning at the center of the front hairline and moving across the entire scalp, perform gentle, circular motions, cooling the scalp. Wet your hands with cold water. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone. Squeeze any remaining water from the guest's hair, and towel-dry. Escort the guest to your styling station.
18	 <p>Apply Invati Ultra Advanced™ Revitalizing Scalp Serum:</p> <ul style="list-style-type: none"> Lift the hair in sections, and apply the serum directly to the scalp along each parting. NOTE: Do not touch the sprayer to the guest's scalp. Using the pads of your fingers, evenly distribute the product across the guest's scalp.
19	   <p>Apply Invati Ultra Advanced™ Fortifying Leave-In Treatment and Invati Ultra Advanced™ Thickening Foam:</p> <ul style="list-style-type: none"> Dispense Invati Ultra Advanced™ Fortifying Leave-In Treatment in your hands, emulsify, and apply it to the guest's hair. Use your fingers to evenly distribute the product through the hair. Dispense 3–5 pumps of Invati Ultra Advanced™ Thickening Foam in your hands, and apply it to the guest's hair. Use your fingers to evenly distribute the product through the hair.
20	 <p>Perform the closing movement:</p> <ul style="list-style-type: none"> Slide your palms and the flats of your fingers from the guest's front hairline to the crown. Rake your fingers through the guest's hair, covering the entire scalp. Place your hands on the guest's shoulders to indicate closure.
21	Reassess the guest's scalp with the scalp camera to demonstrate the results of the treatment.
22	Educate the guest on the Invati Ultra Advanced™ system most appropriate for their needs and how to incorporate the products, including additional scalp products, into their current scalp and hair care regimen.
STYLE AS DESIRED (15 MINUTES)	



Scalp Nourishment

Scalp Renewal Restorative Treatment

Powered by Scalp Solutions

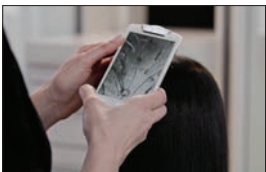
The Scalp Renewal Restorative Treatment is a luxurious, high-touch treatment powered by plant actives to address key scalp concerns, help defend against the visible signs of premature scalp aging and provide visibly shinier, healthier hair after one service. The treatment features products that improve scalp hydration, nourish and soften the scalp and soothe dryness and massage techniques that address scalp tightness and help distribute product (normal-to-dry scalps) or products that reduce sebum, restore a clean scalp surface and cool and refresh the scalp and massage techniques that stimulate microcirculation and help break up build-up (normal-to-oily scalps).

Time: 75 minutes (60-minute scalp treatment + 15-minute hair finishing)


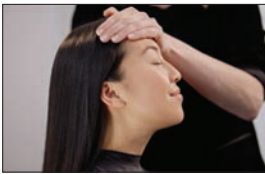



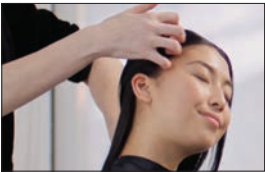

NOTE: This treatment should not be performed the same day as a color service. Aveda recommends performing the treatment approximately one week prior to a color service.

SUPPLIES


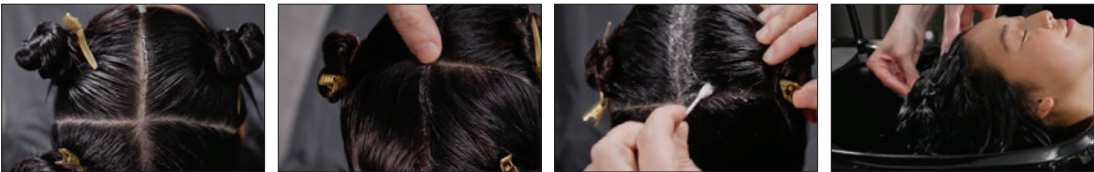
- Scalp Camera
 - Aveda Aroma Products
 - Scalp Solutions Stimulating Scalp Massagers (1–2)
 - Scalp Solutions Exfoliating Scalp Treatment
 - Scalp Solutions Balancing Shampoo
 - Scalp Solutions Professional Balancing Masque
 - Botanical Repair™ Professional Bond Activators: Light and Rich
 - Nutriplenish™ Treatment Masques: Light Moisture and Deep Moisture
 - Scalp Solutions Professional Hydrating Serum
 - Scalp Solutions Professional Purifying Scalp Serum
 - Hand Relief™ Moisturizing Creme
- 60 ml Applicator Bottle (for Scalp Solutions Exfoliating Scalp Treatment)
 - Hair Color Brush (for Scalp Solutions Professional Balancing Scalp Masque)
 - Hair Color Bowl (for Scalp Solutions Professional Balancing Scalp Masque)
 - Comb
 - Sectioning Clips
 - Towels
 - Steam Towels (3–4)
 - Large Cotton Swab
 - Hooded Dryer, Professional Hair Steamer or Professional Facial Steamer

STEP	DESCRIPTION
HAIR & SCALP CHECK	
1	<div>  <div>Perform a Hair & Scalp Check.</div> </div>
2	Share the products you will be using to customize the guest’s treatment.





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STEP	DESCRIPTION		
WARM-UP: AROMA, BREATH & STRETCH (10 MINUTES)			
3		Perform the aroma inhalation: <ul style="list-style-type: none">• Apply two drops of the guest's chosen aroma to your inner wrists.• Stand to the side of the guest, and invite them to inhale deeply. As they inhale, place one hand on their shoulder, and slowly raise your other hand in front of their nose.	
4		Perform the forehead cradle: <ul style="list-style-type: none">• Stand to the side of the guest. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone.• Hold for two breaths.	
5			
	Perform heated towel therapy: <ul style="list-style-type: none">• Fold a steam towel in half lengthwise, and place it under the occipital bone.• Stand behind the guest. Hold one end of the towel in each hand, and brace your forearms against the sides of the guest's head. Pull the ends of the towel upward, gently stretching the head upward. Pull the ends of the towel downward, gently stretching the head downward.• Pull the right end of the towel downward and the left end upward, with your left forearm braced against the left side of the guest's head, gently stretching it to the right. Pull the left end of the towel downward and the right end upward, with your right forearm braced against the right side of the head, gently stretching it to the left.• Wrap the towel across the guest's forehead with the two ends coming together at the back of the head. Place one hand over the forehead for support, and use your other hand to massage along the occipital bone.		
6			Perform the scalp and neck slide: <ul style="list-style-type: none">• Stand to the side of the guest. Slowly rake your hands through the hair with the entire length of your fingers and your entire palm, moving from the front hairline to the occipital bone. Alternate between the left and right hands. Move around the guest as necessary to cover the entire head. NOTE: For strong curly or coily hair textures, slide your hands into the hair along the front hairline, and slowly squeeze your fingers and palms together, moving from the front hairline to the occipital bone.• Using one or both hands, massage the back of the guest's neck, moving from just below the ears to the tops of the shoulders. Massage over both sides of the neck.

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STEP	DESCRIPTION
SCALP AND HAIR TREATMENT (25 MINUTES)	
7	 <p>Perform the scalp prep:</p> <ul style="list-style-type: none"> Place the Scalp Solutions Stimulating Scalp Massager on the center of the front hairline, and perform three gentle, circular motions. Lift the brush off the scalp. Continue performing three gentle, circular motions, moving along the middle of the head until you reach the nape. Repeat on the right and left sides, covering the entire head. OPTIONAL: Perform the following movements if guest's hair texture and/or style allow for brushing movements. <ul style="list-style-type: none"> Stand behind the guest. Using two Scalp Solutions Stimulating Scalp Massagers, brush the scalp from the front hairline to the nape, covering the entire head. Stand to the side of the guest. Place the brushes behind the ears, and brush the scalp from ear to ear. Repeat on the other side.
8	Escort the guest to the shampoo bowl.
9	Place a steam towel under the guest's neck and another steam towel or spa blanket over the guest's chest for comfort.
10	 <p>Apply Scalp Solutions Exfoliating Scalp Treatment:</p> <ul style="list-style-type: none"> Dispense 15–30 ml of Scalp Solutions Exfoliating Scalp Treatment into a 60 ml applicator bottle, according to the guest's density (thin: 15 ml, medium: 20 ml, dense: 30 ml). Dampen the guest's hair, and section it into quadrants. Apply the scalp treatment along each parting. Using the pads of your fingers, distribute the scalp treatment into the partings using quick, rubbing motions. Using a large cotton swab, slide back and forth along the partings to loosen any flakes. Use the swab to loosen any flakes in other areas of the scalp as necessary. Dampen the guest's scalp and hair, and lather the scalp treatment into the scalp. Do not rinse.
11	Shampoo the guest's hair with Scalp Solutions Balancing Shampoo. Do not rinse.





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STEP	DESCRIPTION
12	 <p>Repeat the scalp prep motions:</p> <ul style="list-style-type: none"> Place the Scalp Solutions Stimulating Scalp Massager on the center of the front hairline, and perform three gentle, circular motions. Lift the brush off the scalp. Continue performing three gentle, circular motions, moving along the middle of the head until you reach the nape. Repeat on the right and left sides, covering the entire head.
13	Rinse the products from the guest's scalp and hair, and towel-dry.
14	 <p>Dispense two drops of the guest's chosen aroma onto a steam towel, and place it under their neck.</p>
15	 <p>Apply Scalp Solutions Professional Balancing Scalp Masque and either Nutriplenish™ Treatment Masque: Light Moisture (fine-to-medium hair in need of nutrition and hydration), Nutriplenish™ Treatment Masque: Deep Moisture (medium-to-thick hair in need of nutrition and hydration), Botanical Repair™ Professional Bond Activator: Light (fine-to-medium hair in need of repair and strength) or Botanical Repair™ Professional Bond Activator: Rich (medium-to-thick hair in need of repair and strength):</p> <ul style="list-style-type: none"> Dispense 15 g of Scalp Solutions Professional Balancing Scalp Masque into a hair color bowl. Apply the scalp masque to the guest's scalp in 1" partings with a hair color brush, covering the entire scalp. Do not rinse. Dispense 15 g of the appropriate hair treatment in your hands, emulsify and apply it to the guest's hair. Do not rinse.
SCALP MASSAGE (15 MINUTES)	
NORMAL-TO-DRY	
16	 <ul style="list-style-type: none"> Shampoo movements Using your fingertips and thumbs, massage over the each side of the scalp using shampoo movements. Spinal slide Place your fingertips under the guest's head on each side of the occipital bone. Slowly slide your fingertips out from the spine to the sides of the neck to under the ears. Repeat twice. Ear rotations Scissor the guest's ears with your index fingers in front of the ears and your middle fingers behind the ears. Applying moderate pressure, massage in front and behind the ears using circular motions.

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STEP	DESCRIPTION
16	<div data-bbox="238 247 1528 300" data-label="Section-Header"> <h3>NORMAL-TO-DRY (CONTINUED)</h3> </div> <div data-bbox="248 310 1339 478" data-label="Image"> </div> <ul data-bbox="248 489 1502 1066" style="list-style-type: none"> Scalp squeeze (side) Place your palms above the guest's ears. Applying moderate pressure, massage the temporalis muscles using circular motions. Move your hands upward, and place your palms directly against the temporalis muscles on each side of the head with your fingers pointing toward each other and crossing at the crown. Applying light pressure, slowly slide your palms upward, stretching the scalp tissue. Continue stretching and releasing the scalp tissue, moving up to the top of the head. Scalp squeeze (top) Place your hands top of the guest's head with your fingers on one side of the midline and the base of your thumbs on the other. Squeeze your fingers and palms together slowly and deeply, lifting the scalp tissue. Continue squeezing and releasing the scalp tissue, moving from the front of the head to the back of the head along the midline. Finger pad press Press the pads of your fingers into the guest's scalp on both sides of the head at the midline. Applying moderate pressure, use one hand to move the scalp tissue forward and the other hand to move the scalp tissue backward. Maintain the pressure, and reverse the movement of your hands, covering the entire scalp. Scalp squeeze (back) Place your palms on each side of the guest's head above the ears. Applying light pressure, perform circular motions in place. Continue performing circular motions, moving across the back of the head and ending with your hands together. Cover the entire back of the head.
	<div data-bbox="238 1077 1528 1129" data-label="Section-Header"> <h3>NORMAL-TO-OILY</h3> </div> <div data-bbox="248 1140 1339 1308" data-label="Image"> </div> <ul data-bbox="248 1318 1502 1707" style="list-style-type: none"> Scalp tap Using your fingertips, perform tapotement movements over the entire scalp. Palm press Place your palms flat along the guest's scalp. Beginning at the midline and moving toward the ears, perform circular movements, maintaining pressure on the scalp. Return to the midline, and continue performing circular motions, covering the entire scalp. Knuckle scrub Bend your fingertips down toward your palms. Using the flats of your fingers, perform scrubbing motions, covering the entire scalp. Hair pull-press Gently grab the guest's hair in your fist, and lift it from its underlying structure. Move your fist forward and backward using push-pull motions. Continue grabbing, lifting and performing push-pull motions, covering the entire scalp.

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STEP	DESCRIPTION
17	 <p>Perform the heat/steam application:</p> <ul style="list-style-type: none"> Place the guest's hair in a professional hair steamer, or dispense two drops of the guest's chosen aroma onto a steam towel, wrap it in the towel and place the guest under a hooded dryer or professional facial steamer for five minutes. While the guest is under heat/steam, perform the Stress-Relieving Hand Ritual. Escort the guest back to the shampoo bowl.
18	Rinse the products from the guest's scalp and hair, and towel-dry.
COOLDOWN (10 MINUTES)	
19	 <p>Perform the cold water application:</p> <ul style="list-style-type: none"> Wet the Scalp Solutions Stimulating Scalp Massager with cold water, and gently brush through the guest's hair, cooling the scalp. <p>NOTE: For strong curly and coily hair textures, wet the Scalp Solutions Stimulating Scalp Massager, and beginning at the center of the front hairline and moving across the entire scalp, perform gentle, circular motions, cooling the scalp.</p> <ul style="list-style-type: none"> Wet your hands with cold water. Place one hand over the guest's forehead and your other hand under the occipital bone. Gently press your hands into the forehead and slightly upward into the occipital bone. Squeeze any remaining water from the guest's hair, and towel-dry. Escort the guest to your styling station.
20	 <p>Apply Scalp Solutions Professional Hydrating Scalp Serum (normal-to-dry) or Scalp Solutions Professional Purifying Scalp Serum (normal-to-oily):</p> <ul style="list-style-type: none"> Section the guest's hair into quadrants. Apply two droppers (1.6 ml or 20–25 drops) of the appropriate serum to the guest's scalp along each parting. <p>NOTE: Do not touch the dropper to the guest's scalp.</p> <ul style="list-style-type: none"> Using the pads of your fingers, evenly distribute the product across the guest's scalp.
21	 <p>Perform the closing movement:</p> <ul style="list-style-type: none"> Slide your palms and the flats of your fingers from the guest's front hairline to the crown. Rake your fingers through the guest's hair, covering the entire scalp. Place your hands on the guest's shoulders to indicate closure.
22	Reassess the guest's scalp with the scalp camera to demonstrate the results of the treatment.
23	Educate the guest on the Scalp Solutions system most appropriate for their needs and how to incorporate the products into their current scalp and hair care regimen.
STYLE AS DESIRED (15 MINUTES)	

Scalp Renewal Refresh Treatment

Powered by Scalp Solutions



The Scalp Renewal Refresh Treatment is an express, targeted service powered by plant actives to address key scalp concerns, help defend against the visible signs of premature scalp aging and provide visibly shinier, healthier hair after one service. The treatment features products that improve scalp hydration, nourish and soften the scalp and soothe dryness (normal-to-dry scalps) or products that reduce sebum, restore a clean scalp surface and cool and refresh the scalp (normal-to-oily scalps).

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



- Scalp Camera
 - Aveda Aroma Products
 - Scalp Solutions Stimulating Scalp Massagers (1–2)
 - Scalp Solutions Exfoliating Scalp Treatment
 - Scalp Solutions Balancing Shampoo
 - Scalp Solutions Professional Balancing Masque
 - Botanical Repair™ Professional Bond Activators: Light and Rich
 - Nutriplenish™ Treatment Masques: Light Moisture and Deep Moisture
 - Scalp Solutions Professional Hydrating Serum
 - Scalp Solutions Professional Purifying Scalp Serum
- 60 ml Applicator Bottle (for Scalp Solutions Exfoliating Scalp Treatment)
 - Hair Color Brush (for Scalp Solutions Professional Balancing Scalp Masque)
 - Hair Color Bowl (for Scalp Solutions Professional Balancing Scalp Masque)
 - Comb
 - Sectioning Clips
 - Towels

STEP	DESCRIPTION	
HAIR & SCALP CHECK		
1		Perform a Hair & Scalp Check.
2	Share the products you will be using to customize the guest’s treatment.	
WARM-UP (1 MINUTE)		
3		<p>Perform the aroma inhalation:</p> <ul style="list-style-type: none">• Apply two drops of the guest’s chosen aroma to your inner wrists.• Stand to the side of the guest, and invite them to inhale deeply. As they inhale, place one hand on their shoulder, and slowly raise your other hand in front of their nose.



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STEP	DESCRIPTION
SCALP AND HAIR TREATMENT (10 MINUTES)	
4	 <p>Perform the scalp prep:</p> <ul style="list-style-type: none"> Place the Scalp Solutions Stimulating Scalp Massager on the center of the front hairline, and perform three gentle, circular motions. Lift the brush off the scalp. Continue performing three gentle, circular motions, moving along the middle of the head until you reach the nape. Repeat on the right and left sides, covering the entire head. OPTIONAL: Perform the following movements if guest's hair texture and/or style allow for brushing movements. <ul style="list-style-type: none"> Stand behind the guest. Using two Scalp Solutions Stimulating Scalp Massagers, brush the scalp from the front hairline to the nape, covering the entire head. Stand to the side of the guest. Place the brushes behind the ears, and brush the scalp from ear to ear. Repeat on the other side.
5	Escort the guest to the shampoo bowl.
6	 <p>Apply Scalp Solutions Exfoliating Scalp Treatment:</p> <ul style="list-style-type: none"> Dispense 15–30 ml of Scalp Solutions Exfoliating Scalp Treatment into a 60 ml applicator bottle, according to the guest's density (thin: 15 ml, medium: 20 ml, dense: 30 ml). Dampen the guest's hair, and section it into quadrants. Apply the scalp treatment along each parting. Using the pads of your fingers, distribute the scalp treatment into the partings using quick, rubbing motions. Dampen the guest's scalp and hair, and lather the scalp treatment into the scalp. Do not rinse.
7	Shampoo the guest's hair with Scalp Solutions Balancing Shampoo.
8	 <p>Apply Scalp Solutions Professional Balancing Scalp Masque and either Nutriplenish™ Treatment Masque: Light Moisture (fine-to-medium hair in need of nutrition and hydration), Nutriplenish™ Treatment Masque: Deep Moisture (medium-to-thick hair in need of nutrition and hydration), Botanical Repair™ Professional Bond Activator: Light (fine-to-medium hair in need of repair and strength) or Botanical Repair™ Professional Bond Activator: Rich (medium-to-thick hair in need of repair and strength):</p> <ul style="list-style-type: none"> Dispense 15 g of Scalp Solutions Professional Balancing Scalp Masque into a hair color bowl. Apply the scalp masque to the guest's scalp in 1" partings with a hair color brush, covering the entire scalp. Do not rinse. Dispense 15 g of the appropriate hair treatment in your hands, emulsify and apply it to the guest's hair. Do not rinse.

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STEP	DESCRIPTION
SCALP MASSAGE (2 MINUTES)	
9	NORMAL-TO-DRY
	 <ul style="list-style-type: none"> • Scalp squeeze (side) Place your palms above the guest's ears. Applying moderate pressure, massage the temporalis muscles using circular motions. Move your hands upward, and place your palms directly against the temporalis muscles on each side of the head with your fingers pointing toward each other and crossing at the crown. Applying light pressure, slowly slide your palms upward, stretching the scalp tissue. Continue stretching and releasing the scalp tissue, moving up to the top of the head. • Scalp squeeze (top) Place your hands on top of the guest's head with your fingers on one side of the midline and the base of your thumbs on the other. Squeeze your fingers and palms together slowly and deeply, lifting the scalp tissue. Continue squeezing and releasing the scalp tissue, moving from the front of the head to the back of the head along the midline. • Scalp squeeze (back) Place your palms on each side of the guest's head above the ears. Applying light pressure, perform circular motions in place. Continue performing circular motions, moving across the back of the head and ending with your hands together. Cover the entire back of the head.
	NORMAL-TO-OILY
	 <ul style="list-style-type: none"> • Palm press Place your palms flat along the guest's scalp. Beginning at the midline and moving toward the ears, perform circular motions, maintaining pressure on the scalp. Return to the midline, and continue performing circular motions, covering the entire scalp. • Knuckle scrub Bend your fingertips down toward your palms. With the flats of your fingers, perform scrubbing motions, covering the entire scalp.
10	Rinse the products from the guest's scalp and hair, and towel-dry.
COOLDOWN (2 MINUTES)	
11	Escort the guest to your styling station.

CONTINUED>

STEP	DESCRIPTION	
12		<p>Apply Scalp Solutions Professional Hydrating Scalp Serum (normal-to-dry) or Scalp Solutions Professional Purifying Scalp Serum (normal-to-oily):</p> <ul style="list-style-type: none">• Section the guest's hair into quadrants.• Apply two droppers (1.6 ml or 20–25 drops) of the appropriate serum to the guest's scalp along each parting. <p>NOTE: Do not touch the dropper to the guest's scalp.</p> <ul style="list-style-type: none">• Using the pads of your fingers, evenly distribute the product across the guest's scalp.
13		<p>Perform the closing movement:</p> <ul style="list-style-type: none">• Slide your palms and the flats of your fingers from the guest's front hairline to the crown.• Rake your fingers through the guest's hair, covering the entire scalp.• Place your hands on the guest's shoulders to indicate closure.
14	Reassess the guest's scalp with the scalp camera to demonstrate the results of the treatment.	
15	Educate the guest on the Scalp Solutions system most appropriate for their needs and how to incorporate the products into their current scalp and hair care regimen.	
STYLE AS DESIRED, OR PERFORM ADDITIONAL HAIR SERVICE AS SCHEDULED.		



Shine/ Shine and Tone

Shine Refresh Treatment





Powered by Full Spectrum™

The Shine Refresh Treatment is an express service powered by Aveda vegan hair color to add beautiful, radiant shine to hair that lasts through 20 washes.

Time: 5 minutes*

SUPPLIES

- Full Spectrum™ Universal ØN Gel
- 5 Volume Color Catalyst™ Liquid Developer
- Color Control Shampoos: Light and Rich
- Color Control Conditioner
- Scale
- Hair Color Apron
- Hair Color Brush
- Hair Color Bowl
- Hair Color Gloves (non-PVC/vinyl preferred)
- Comb
- Sectioning Clips
- Towels

STEP	DESCRIPTION	
1		Mix Full Spectrum™ Universal ØN Gel with 5 Volume Color Catalyst™ Liquid Developer in a 1:1 ratio.
2		Apply the formula to the guest's hair from roots to ends.
3		Process for five minutes at room temperature. Do not use heat.
4		Rinse thoroughly, shampoo with Color Control Shampoo: Light (fine-to-medium) or Color Control Shampoo: Rich (medium-to-thick) and condition with Color Control Conditioner.
STYLE AS DESIRED.		

*Processing time.

Shine and Tone Refresh Treatment





Powered by Full Spectrum™

The Shine and Tone Refresh Treatment is an express service powered by Aveda vegan color that enhances natural tones and adds radiant shine that lasts through 24 washes—in just 20 minutes.

Time: 10–20 minutes*

SUPPLIES

- Full Spectrum™ Universal ØN Gel
 - Full Spectrum Demi+™ Tone
 - 10 Volume Color Catalyst™ Liquid Developer
 - Color Control Shampoos: Light and Rich
 - Color Control Conditioner
- Scale
 - Hair Color Apron
 - Hair Color Brush
 - Hair Color Bowl
- Hair Color Gloves (non-PVC/vinyl preferred)
 - Comb
 - Sectioning Clips
 - Towel

STEP	DESCRIPTION	
1	 <p>Mix Full Spectrum™ Universal ØN Gel and the chosen Full Spectrum Demi+™ Tone with 10 Volume Color Catalyst™ Liquid Developer in a 1:1 ratio.</p> <p>NOTE: Do not adjust Color Catalyst™ for the addition of Tones.</p>	
2	 <p>Apply the formula to the guest’s hair from roots to ends.</p>	
3	 <p>Process for 10–20 minutes at room temperature. Do not use heat.</p>	
4	 <p>Rinse thoroughly, shampoo with Color Control Shampoo: Light (fine-to-medium) or Color Control Shampoo: Rich (medium-to-thick) and condition with Color Control Conditioner.</p>	
STYLE AS DESIRED.		

*Processing time.

Our mission at Aveda is to care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world.

