

# The Repair & Strengthen Guide

Your simple day-to-day for The Repair & Strengthen System (Double Density)

## DYE DAY, EVERY 4 TO 6 WEEKS

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- 1 Apply the Instant Dye Shampoo to **dry hair**, lather, leave for **10 minutes**, rinse. Ammonia free, so color day is not damage day.

## EVERY WASH

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- 2 Wash with the Color Protect Shampoo (it replaces your regular shampoo), then seal with the Color Protect Conditioner.

## EVERY DAY, THE DOUBLE DENSITY PROTOCOL

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- 3 Massage the Hair Density Serum into your scalp for 1 to 2 minutes on dry hair. Do not rinse. This is the one step you do every single day, which is why your system includes a **second bottle**, when the first runs out you keep going without a gap.

## THE RHYTHM AT A GLANCE

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- **Daily:** serum, 1 minute, no days off.
- **Every wash:** color shampoo, then conditioner.
- **Every 4 to 6 weeks:** 10-minute dye session.

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Questions, or something not working the way you expected? Text Brooke back on this number any time. Every product here is covered by the 30-day money-back promise.