



## J'ADORE HAIR SALON

### HAIR CARE TIPS

1. **Never** do your own chemical service relaxer and color.
2. Retouch relaxers should be done **12** weeks apart, no earlier than 10 weeks.
3. Trims are usually done as needed depending on how fast your hair grows.
4. When wrapping up your hair at night make sure to **alternate** directions each night to balance out your hair.
5. To promote growth, massage your scalp **3-5** minutes at night before wrapping up your hair or doing your nightly routine.