

**Sent:** Saturday, June 01, 2002 8:27 PM

Well, I posted that those who have TONED BLEACHED HAIR/HIGHLIGHTS should NOT use home made hot oils...like Olive Oil treatments! It STRIPPED my toner out completely!!! 😞 I LOVED it when I was a tinted BRUNETTE, though! ...maybe because it WAS leaching some of the dye from my hair...making it appear BRIGHTER and more lively! ...I just didn't know WHAT it was doing! 😞

There are hot oil treatments that are SAFE for color treated hair. Use those! Read the labels. I think the V05 ones are color safe. 😊 ...but double check.

I also like using Vitapointe as an oil treatment. It's by Clairol...and comes in a tube (Sallys). You can Shampoo, use the PM Supercharged, use the Vitapointe SPARINGLY only on ends and lower midshafts (not on roots!), and RINSE with VERY hot/warm water.

Then blow dry! you can use the PM Gloss Drops Before and/or AFTER you finish blow drying.

I have used the Vitapointe on my bleached/toned hair...and had NO problems! 😊 Do NOT use heat with it!..that might leach out the color.

HTH!  
Pam too

6/3/02

Sent: Thursday, May 23, 2002 8:25 PM

For those of you who have asked about my conditioning recs for fixing Brittle, Chemically and/or Heat Damaged Hair...here they are:

Products:

-Aphogee Treatment for Damaged Hair [Sallys] (needs to be dried in your hair, then rinsed out]

-Porosity Control by Revlon Professional [Sallys]

-Nexus Emergencee [Salon]

-Paul Mitchell Supercharged Moisturizer [Salon]

-Paul Mitchell Gloss Drops [Salon]

-Sebastian Laminates Shampoo [Salon]

-Sebastian Laminates Conditioner [Salon] - Use this as your "regular conditioner" after the 2 week Treatment period. You can use the Laminate Conditioner + PM Supercharged + Porosity Control. Or just use 2 or just 1. Up to you and your hair's needs.

-(NEW ITEM FOR SARAH or anyone else wanting a protective pre-blow drying treatment): Wellatex "Liquid Hair" Leave in Protein Treatment

-New ITEM for anyone wanting a Clear Color Gloss for SHINE: Clairol Radiance ClearShine + Infuser. Read directions on bottle fold up peel away label.

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Routine for Damaged Hair:

Day 1 = Light shampoo with Laminates Shampoo. Aphogee Treatment. Repeat once every 5 weeks. Or BEFORE AND AFTER any FULL BLEACH or TINT or COLOR REMOVER process. Not necessary for just "root touchups". Follow any Aphogee Treatment with an application of PM Supercharged. Leave the PM on for about 15 min. You can follow up with Porosity Control IF hair is porous.

Day 2= Light Shampoo with Laminates Shampoo. Nexus Emergencee Treatment + follow up with PM Supercharged, and then Porosity Control..if needed. Repeat this for a total of 7 consecutive times, every time you wash your hair. Days 2-8.

Day 9 and on....use Nexus Emergencee ONCE a week...until hair regains normal strength. Always follow with PM Supercharged.

During this time, continue to use the Porosity Control as needed. Keep the Porosity Control on for 15 min...not the 30 sec as per directions.

Use the PM Gloss Drops before and after blow drying.

For ADDED protection from heat...or if hair is VERY chemically stressed...use the Wellatex "Liquid Hair". You must spray on damp hair, comb through, and do not use any other products. Blow dry with AIR HEAT only (not brush) until hair is 80% dry. Then add Gloss Drops, gel, whatever...and style/blow dry with brush, etc.

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If you want to do a "Gloss Treatment" without adding COLOR....use the Radiance ClearShine alone...with just the

Infuser. I just found out today that you can do this! The label in the back of bottle is a FOLD UP instruction booklet! lol! I always use the color with it....but the Clear alone should be just as WONDERFUL! Very gentle...! Do NOT shampoo after this, but you can add conditioner to your hair after rinsing the ClearShine out!

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FYI: Someone posted to me (and I CANNOT remember who!) that they did NOT use the Aphogee because it irritated their skin. Sorry!, my fault for NOT adding that: you should ALWAYS wear a Salon Cape [Sallys], or drape a towel around your neck and shoulders WHEN EVER you use a PROFESSIONAL product. These are VERY strong. The Aphogee can cause an irritation on your skin (burning sensation...redness...welting) IF it is allowed to remain on your skin for LONG periods of time (as in you did not rinse it all off!). PLEASE rinse this product off in the SHOWER, for 2 reasons:

1)you do NOT want to manipulate your hair while it is in the HARD stage. It could SNAP off. Do not touch it as you BLOW DRY...or sit under a hooded dryer. Do not bend your head over a sink...could also cause it to snap off!

2) you need to make sure that you RINSE off all the Aphogee from your neck and shoulder area. This does NOT irritate the scalp. But it does irritate the other skin IF left on for a few hours.

Sorry that I didn't mention that before, but I guess I ASUMED everyone knew to always drape themselves before using these HEAVY DUTY conditioners. They are EXTREMELYSTRONG...and effective. They will NOT harm your hair. If your hair is not damaged enough to warrant their use...nothing will happen. You just won't notice a dramatic change. BUT, if your hair IS damaged...you will LOVE the results!

Drying time in Aphogee can vary according to how damaged your hair is ...or how long or how thick it is. It takes me between 25-45 min to get it HARD! You must let it get HARD and Stiff before rinsing.

YOU must ALWAYS use the PM Supercharged after the Aphogee or Nexxus. Or your hair will feel BRITTLE and ROUGH.

**Morgan, Jennifer MRS**

**From:** Jennifer Morgan [morganj@webound.com]

**Sent:** Monday, June 10, 2002 7:50 PM

**To:** work

My conditioning recs are below! 😊 And as for the 24-48 hours BEFORE coloring (yourself...or at the Salon)...just:

- 1- Do an Aphogee Treatment for Damaged Hair, and then RINSE OUT.
- 2-then do the PM Supercharged (for 15 min), and RINSE OUT.
- 3- then use the Porosity Control (for 15 min), and RINSE OUT.

Do NOT use any laminates OR glosses in your hair before getting it colored! Even though the Salon will SHAMPOO YOU OUT...laminates and glosses sometimes stay in a bit! This may interfere with your Color Take or Bleach out.

As to WHY you are getting breakage, etc....I REALLY would need to know WHAT products you used to color your hair. Make sure you tell your COLORIST about ALL the hair dyes you have used! They REALLY should REMOVE all the colors (tints).....with a Color Remover! Then, they should start FRESH! 😊 IMHO.

HTH!

Pam too

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Pam's REC's:

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**Sent:** Thursday, May 23, 2002 8:20 PM

Porosity Control helps to make hair LESS porous. And it restores hair to the proper pH levels.....it is an "acidifier". It will make your hair more sleek and shiny and conditioned.

Do you want me to re-post my conditioning recs? You really should be using a good Humectant ....like the Paul Mitchell Supercharged Moisturizer. As well as perhaps a treatment containing OILS to combat "Dryness", if you need to. The humectant puts IN moisture...and the oil "seals the moisture in", while keeping the atmosphere's humidity OUT. IF your hair is "flyaway", frizzy, or statiey....you need moisture. If your hair is brittle or rough while wet...you also need oils.

For oils...you can use a Hot Oil Treatment (like V05 for Dry, Brittle Hair), or you can use Vitapointe (my fave!!!) after shampooing, and using the PM Supercharged. Leave the Vitapointe on for about 30 min, and then rinse out. Use the Vitapointe only if your hair is SUPER DRY! Otherwise, your hair may be too greasy feeling. But on DRY DRY hair..it is FAB! Use the Porosity Control as the FINAL STEP. Rinse out well.