

Step-by-Step Instructions on How to Use Vida Hair Growth Products:

For best results we recommend applying a VIDA Mask before washing your hair with shampoo and conditioner. However, our Hair Growth Mask, Raw Mask, and Deep Conditioning Mask can also be applied after washing your hair as a leave-in treatment, as a deep conditioner after your normal conditioning, or to style your hair as usual.

1. HAIR GROWTH MASK:

How to Use: Apply mask to dry hair prior to washing your hair, massaging throughout the hair shaft from root to tip. Cover hair with a shower cap and let sit for a few hours. Can be used overnight for damaged hair. Rinse out and style hair as usual. To use as a deep conditioner, rinse out your conditioner and apply mask to (wet) hair, massaging throughout. Let sit for 5-10 minutes. Rinse out and style hair as usual.

2. HAIR GROWTH RAW MASK:

How to Use: Apply mask to dry hair prior to washing your hair, massaging throughout the hair shaft from root to tip. Cover hair with a shower cap and let sit for a few hours. Can be used overnight for severely damaged hair. Rinse out and style hair as usual. To use as a deep conditioner, rinse out your conditioner and apply mask to (wet) hair, massaging throughout. Let sit for 5-10 minutes. Rinse out and style hair as usual.

3. HAIR GROWTH SHAMPOO:

How to Use: Apply Shampoo to hair, gently massaging from root to tip. Let sit for 5 minutes. Rinse out thoroughly. Follow with your conditioner.

4. HAIR GROWTH CONDITIONER:

How to Use: Apply Conditioner to hair, gently massaging from root to tip. Let sit for 5-10 minutes. Rinse out thoroughly. Best when rinsed with cold water to tighten hair follicles and sooth the hair for a soft, shiny finish.

5. DEEP CONDITIONING GROWTH MASK:

How to Use: Apply mask to dry hair prior to washing your hair, massaging throughout the hair shaft from root to tip. Cover hair with a shower cap and let sit for 5-10 minutes. Rinse thoroughly. To use as a deep conditioner after normally washing your hair, rinse out your conditioner and apply mask to (wet) hair, massaging throughout. Let sit for 5-10 minutes. Rinse out and style hair as usual. This mask is great for defining curls. To enhance curls, apply lightly to wet hair and allow hair to air dry. Your curls will look amazing.

Warning: The Deep Conditioning Growth Mask Contains 2% Cinnamon. If you are allergic to cinnamon, this mask is not for you.

6. LEAVE IN TONIC:

How to Use: Apply Leave in Tonic to the scalp (can be applied to wet or dry hair), gently massaging to distribute and seep into your roots. Style hair as usual. Do not rinse out until normal hair wash. Can be applied to wet or damp hair to help define your Curls.

7. SERUM MIST:

How to Use: Towel dry hair and spray on Serum Mist (can be applied to wet or dry hair). Style hair as usual. Do not rinse out until normal hair wash. This Serum Mist can be used to help eliminate Telogen Effluvium (shedding). To use for hair shedding, apply extra amount of Serum Mist to affected areas. Results typically seen within one month, but may vary with each individual person.

• The Leave in Tonic and/or Serum Mist can be applied to (wet or dry) hair everyday or every other day. All other products can be used 2-3 times a week, or as desired.

8. ARGAN HAIR SERUM:

How to Use: Towel dry hair and apply Argan Hair Serum can be applied to wet hair before styling and after styling the hair.