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	FINE HAIR							
	Straight		Wavy		Curly		Coily	
Damaged	 Guard Heat Protection Spray	 Avoid sulphates that strip hair of moisture leaving it dry	 Harmony Repair & Replenish Shampoo & Treatment Duo	 Never dry brush wavy hair	 Harmony Intensive Care Shampoo & Treatment	 Stay clear of sulphates which will dry your hair out with prolonged use	 Harmony Intensive Care Shampoo and Conditioner	 Avoid brushing your hair too vigorously or excessively as this can lead to breakage and damage
Dry	 Hydrate Moisture Mask	 Avoid hot showers. Hot water can dehydrate your hair and scalp	 Velvet Nourishing Hair Oil	 Don't neglect regular trims. Split ends and breakage can make your hair appear drier and more damaged	 Miracle Rapid Blow-dry Mist and Hydrate Moisture Mask	 Don't forget to skip weekly moisture treatments	 Velvet Nourishing Hair Oil and Hydrate Moisture Mask	 Lay off the heat as this causes dryness
Flat	 Amplify Volumising Shampoo	 Avoid heavy styling products aimed at making your hair softer	 Uplift Volumising Hair Mist	 Avoid excessive heat styling Heat can reduce volume, so minimize heat styling or use it on low heat settings	 Dry Texture & Finishing Spray	 Avoid blow-drying your hair flat against your scalp or letting it air dry	 Elevate Volumising Lotion	 Before applying volumising products, ensure you are using a volume specific shampoo and conditioner too
Frizzy	 Glow Super Shine Spray	 Avoid rough towel drying your hair	 Velvet Nourishing Hair Oil	 Avoid washing hair in hot showers and excessive heat styling	 Silk Smoothing Blow-dry Balm	 Avoid breakage by combing and brushing gently with the right brush	 Glow Super Shine Spray	 Avoid brushing dry hair as this can disturb the hair cuticle and lead to frizz
Oily	 Cleanse & Treat Daily Shampoo & Harmony Treatment Duo	 Avoid brushing your hair too frequently as this can distribute the oils from your scalp throughout your hair	 Daily Cleansing Shampoo and Dry Shampoo	 Try not to over wash and when washing make sure to scrub the scalp thoroughly but gently, washing twice with shampoo	 Dry Shampoo	 Avoid product build up by choosing lightweight detangling conditioners	 Dry Shampoo	 Avoid heavy styling products close to the root
Product Build-up	 Amplify Volumising Shampoo	 Always rinse hair thoroughly to avoid product buildup from leftover residue	 Cleanse & Treat Daily Shampoo & Harmony Treatment Duo	 Avoid rich conditioners close to the root	 Daily Cleansing Shampoo	 Don't overload your hair with a lot of product at once — little and often works best	 Daily Cleansing Shampoo	 Going longer between washes isn't always the healthiest option, ensure you are shampooing once visibly dirty
Tangles	 Miracle Rapid Blow-dry Mist	 Try not to sleep with your hair loose, this can cause friction throughout the night worsening tangles	 Silk Smoothing Blow-dry Balm	 Don't skip using protective hairstyles	 Velvet Nourishing Hair Oil	 Don't detangle dry hair	 Silk Smoothing Blow-dry Balm	 Avoid low-quality cotton pillowcases
Thinning	 Elevate Volumising Lotion	 Avoid heavy leave-in conditioners	 Amplify Volumising Shampoo and Conditioner	 Avoid hairstyles that pull on your hair. These can put stress on the hair follicles and potentially lead to hair breakage	 Elevate Volumising Mousse	 Get regular trims as they can help maintain the appearance of thicker hair	 Elevate Volumising Lotion	 Steer clear of heavy styling products

# MEDIUM HAIR

	MEDIUM HAIR							
	Straight		Wavy		Curly		Coily	
Damaged	 Velvet Nourishing Hair Oil and Guard Heat Protection Spray	 Avoid shampoos with harsh chemicals. Use a shampoo that contains both protein and moisture	 Harmony Intensive Care Treatment	 Avoid brushing your hair too vigorously or excessively, this can lead to breakage and damage	 Velvet Nourishing Hair Oil and Guard Heat Protection Spray	 Avoid excessive heat styling	 Harmony Intensive Care	 Don't use stripping shampoos that remove natural oils
Dry	 Hydrate Moisture Mask	 Avoid Parabens they cause drying, irritation, fading your colour, and even hair loss	 Hydrate Moisture Mask	 Lay off the heat as this causes dryness	 Miracle Rapid Blow-dry Mist and Hydrate Moisture Mask	 Use a small amount of Hydrate Moisture mask as a nourishing leave in after washing	 Velvet Nourishing Hair Oil and Hydrate Moisture Mask	 Avoid excessive hair washing, or using harsh soaps
Flat	 Elevate Volumising Lotion	 Don't skip the right blow-drying technique: When blow-drying your hair, it's essential to use the right technique to add volume	 Enhance Volumising Mousse	 Don't avoid haircuts. Trim those tresses to relieve the weight or add some layers for texture	 Form Sculpting Lotion	 Avoid heavy styling products that can weigh the hair down	 Enhance Volumising Mousse	 Avoid thick and heavy curl products that weigh the hair down
Frizzy	 Miracle Rapid Blow-dry Mist	 Avoid using a rough towel when drying and find the right comb	 Glow Super Shine Spray	 Don't skip conditioner as it helps to smooth the hair cuticle, reducing frizz	 Velvet Nourishing Hair Oil	 Minimize the use of harsh chemical treatments and give your hair time to recover between processes	 Glow Super Shine Spray and Guard Heat Protection Spray	 Avoid excessive heat styling
Oily	 Daily Cleansing Shampoo & Conditioner	 Don't skip the scalp. Always shampoo twice, ensuring to give your roots a good massage	 Dry Shampoo	 Avoid applying heavy styling products close to the root	 Clean & Care Daily Shampoo & Conditioner	 Avoid touching hair excessively	 Daily Cleansing Shampoo and Dry Shampoo	 Avoid touching hair excessively, this can transfer oils from your hands to your hair, making it appear greasier
Product Build-up	 Daily Cleansing Shampoo and Conditioner	 Avoid heavy styling products as this adds to build up	 Clean & Care Daily Shampoo & Conditioner Duo	 Avoid using dirty hair tools. Styling tools can accumulate product residue and transfer it back onto your hair	 Daily Cleansing Shampoo	 Don't over rely on dry shampoo as excessive use can lead to buildup	 Cleanse & Treat Daily Shampoo & Harmony Treatment Duo	 Avoid over conditioning, using too much or applying it to the scalp can lead to buildup
Tangles	 Silk Smoothing Blow-dry Balm	 Don't sleep with your hair loose	 Velvet Nourishing Hair Oil	 Don't rough dry. Dry gently, hair is more susceptible to breakage when wet	 Silk Smoothing Blow-dry Balm	 Address tangles as soon as you notice them to prevent them from worsening	 Velvet Nourishing Hair Oil	 Don't sleep with wet hair and use protective treatments
Thinning	 Elevate Volumising Lotion	 Avoid hairstyles that pull on your hair, such as tight ponytails, buns, braids, or extensions	 Amplify Body & Soul Volumising Shampoo & Conditioner	 Avoid heavy leave in conditioners	 Amplify Volumising Shampoo and Elevate Volumising Lotion	 Avoid harsh chemical treatments as they can weaken the hair and contribute to further thinning	 Amplify Volumising Shampoo	 Avoid low quality products that damage the hair

# COARSE HAIR

	Straight		Wavy		Curly		Coily	
Damaged	 Guard Heat Protection Spray	 Don't sleep with wet hair. Choose a silk pillowcase and loose plaits when sleeping	 Harmony Intensive Care Shampoo and Velvet Nourishing Hair Oil	 Don't skip regular trims. Split ends and breakage can make your hair appear damaged and unhealthy	 Harmony Intensive Care Shampoo	 Avoid shampoos with harsh chemicals. Use a shampoo that contains both protein and moisture	 Guard Heat Protection Spray	 Avoid hair care products with sulphates
Dry	 Hydrate Moisture Mask	 Avoid products with sulphates - these strip away moisture leaving hair dry	 Hydrate Moisture Mask	 Avoid over washing the ends. Shampoo only the scalp where most build up is	 Hydrate Moisture Mask and Miracle Rapid Blow-dry Mist	 Avoid excessive use of heat and colour damage	 Hydrate Moisture Mask and Velvet Nourishing Hair Oil	 Avoid harsh shampoos and blow-drying hair too often
Flat	 Amplify Volumising Shampoo	 Avoid heavy products that flatten the hair	 Dry Texture & Finishing Spray	 Avoid letting your hair dry naturally and without styling products, this can cause the hair to look limp	 Enhance Volumising Mousse	 Avoid heavy products that flatten the hair	 Elevate Volumising Lotion	 Minimise heat styling. Heat can reduce volume, so minimise heat styling or use it on low heat settings
Frizzy	 Silk Smoothing Blow-dry Balm	 Avoid hot tools and long hot showers	 Miracle Rapid Blow-dry Mist	 Avoid over washing as this can strip away natural oils and make it prone to frizz	 Velvet Nourishing Hair Oil	 Avoid using a rough towel when drying and find the right comb	 Silk Smoothing Blow-dry Balm	 Avoid brushing dry hair, this can disturb the hair cuticle and lead to frizz
Oily	 Daily Cleansing Shampoo	 Don't apply dry shampoo to already oily hair, instead apply this to clean, washed hair to prolong the freshness	 Daily Cleansing Shampoo and Dry Shampoo	 Avoid over brushing. Brushing hair too frequently can distribute the oils from your scalp throughout your hair	 Dry Shampoo	 When using dry shampoo, ensure you are thoroughly cleansing your scalp to prevent any product build-up	 Daily Cleansing Shampoo	 Avoid applying conditioner to the scalp, this can weigh down the hair and contribute to oiliness
Product Build-up	 Daily Cleansing Shampoo and Conditioner	 Avoid overusing styling products. Using excessive amounts of styling products can lead to buildup	 Daily Cleansing Shampoo and Conditioner	 Avoid using heavy styling products at the root, when washing always cleanse twice	 Daily Cleansing Shampoo and Conditioner	 Rinse thoroughly. Leftover product residue can accumulate and contribute to buildup	 Daily Cleansing Shampoo and Conditioner	 Avoid neglecting regular clarifying as it is essential to remove product residue and buildup
Tangles	 Miracle Rapid Blow-dry Mist	 Don't sleep with your hair loose, this can cause friction throughout the night worsening tangles	 Silk Smoothing Blow-dry Balm	 Don't dry brush. Detangle in the shower with a wide toothed comb to avoid breakage	 Velvet Nourishing Hair Oil	 Avoid knots in the shower by washing in a downward motion with a gentle shampoo	 Velvet Nourishing Hair Oil	 Follow a nourishing night time routine
Thinning	 Uplift Volumising Mist	 Avoid heavy leave in conditioners	 Amplify Volumising Shampoo	 Avoid heavy conditioners and only apply to the mids and ends	 Amplify Volumising Shampoo	 Avoid letting your hair dry naturally, this can cause the hair to look flat and lack-lustre	 Uplift Volumising Mist and Amplify Volumising Shampoo	 Avoid heavy conditioners and only apply to the mids and ends