



Mid-Treatment Advice – Looking after my new style

As well as the individual recommendations that your practitioner will have given you, here are a few pieces of advice you should follow immediately.

Between Treatments you should:

- Not go swimming
- Not use Steam or Sauna Rooms
- Keep out of the sun

For 4 days after treatment you should:

- Avoid showering your head
- Avoid any activities that would cause you to sweat excessively
- Not cut your hair
- Not use any shampoo or moisturizer

General maintenance:

After the initial 4 day settling period, it is advisable to:

- Avoid growing hair too long as this will create the contrast of the SMP treated areas. Experiment with your own hair length to achieve the best results and look. You can now shave your head.
- You can start to moisturize your scalp at least once a day to avoid dry skin and keep scalp in good condition.

Subsequent treatments will normally take place 5-7 days after the previous treatment.

If you experience any problems with your new style, please contact us at **310-425-4975** or email us at: **info@zangsm.com**