



YOUR CUSTOM HAIR ROUTINE

WAVY DRY/DAMAGED HAIR
2A-2C HAIR TYPE

RIZVAN



GET TO KNOW YOUR HAIR

RIZWAN

INTRODUCTION



Curly and wavy hair is more prone to dryness, which means it's more prone to frizz. When your hair is dry, frizz can happen when it absorbs moisture from the environment. Dryness and dehydration cause your hair to absorb excess moisture.

Some of the most common culprits of frizzy hair include:

1. High humidity environments.
2. Heat damage and over-styling is another common culprit of frizzy hair. The high heat from blow-drying or flat-ironing can damage the hair's cuticle, causing frizz.

Another recipe for frizz is dying, bleaching and other chemical treatments which also damage the cuticle, causing brittleness and breakage.

3. Friction. If your hair is curly, wavy, or prone to frizz, brushing when it's dry is a big no-no. Brushing lifts the cuticle, creating frizz. Sleeping on a rough cotton pillowcase or vigorously towel-drying can also ruffle the cuticle layer.





Fighting frizz comes down to two key things: keeping your locks hydrated and reducing friction. Also, by adding the right products to your hair care routine, you can beat the frizz. At Rizvan, all our products are completely natural with no nasties, enriched with healing botanicals and deeply hydrating to bring back your gorgeous waves other women envy. All our products are Curly Girl approved!

If you are using **shampoo**, it is important you don't overwash your hair as this can dry your hair out even more. Every couple of days is enough or if you are able to use a **co-wash** instead, twice a week should suffice. Rizvan hydrating conditioner is incredibly moisturising and only a small amount is needed. Apply the conditioner to the ends of your hair first, combing upward with your fingers. Weekly use of our Repair **deep conditioner** is also a must to maintain hydration and penetrate deep into the hair cuticle to help smooth and strengthen your strands.

Regular use of the Argan and marshmallow root **leave-in conditioner** and the Rose **Curling Custard** will also work to tame your frizz and get the healthy and shiny hair you crave.



Rizvan is a proudly Australian made, family-owned company. All our products are handmade in Australia using 100% natural ingredients, always sourced locally where possible. We use no silicones, sulphates, parabens, drying alcohols, BPE, or any other nasties. This is our personal promise to you.

We often find that our customers spend hours researching, trying new products, spending large sums of money and not seeing results. By now I assume you have tried multiple brands and are likely seeking something new as you've been let down before. We wrote this guide because we want to make sure you use the right combination of products the right way to achieve best results.

The following products are the most suitable for your hair type. Take a few minutes to familiarise yourself with them so you know what function they perform. Thank you for downloading this guide! We are looking forward to having you as a long term customer and we are ready to answer any questions you may have at

hello@rizvan.com.au



RECOMMENDED PRODUCTS

A HAND PICKED SELECTION SUITED TO
YOUR HAIR TYPE





Hair Extravagance Co-Wash.

This suds-free replenishing conditioner cleanser (co-wash), will help cleanse the scalp while keeping hair hydrated. Hair will look and feel soft and shiny, while scalp feels cleansed and refreshed. Includes 6 botanicals to maintain beautiful hair and a healthy scalp.



Hair Extravagance Clarifying Shampoo

Although CGM recommends co-washing over shampoo, many people with wavy hair prefer to use shampoo overall or in alternate between co-washing. Wavy hair is generally not as dry as curly hair and so co-washing may just not be enough to get a good cleanse. It's important that you are paying attention to your hair and removing product build-up. If you need to shampoo your hair more often than you co-wash then do it! Our shampoo is low-poo, which means it contains NO sulphates, silicones, parabens, drying alcohols. Infused with organic herbal extracts, this gentle, hydrating shampoo is suitable for all hair types. Removes residue and build-up without drying, stripping or irritating the scalp or hair. Gentle enough to use daily.





Hair Extravagance Hydrating Conditioner

Rich and creamy, this conditioner hydrates and softens hair to repair any damage. It also nourishes and strengthens hair, leaving your locks looking and feeling amazing. Enhanced with 6 of the best hair and scalp friendly botanical extracts and a blend of pure essential oils to fortify, enrich, nourish, impart shine and body, prevent oxidation and hydrate.



Repair Deep Conditioning Hair Mask

This weekly miracle worker, is an all-natural, multi-tasking hair mask which includes 19 of the most powerful natural extracts known for hair and scalp health to melt into dry strands to hydrate, nourish and tame frizz, for beautiful shiny silky-soft hair. It also helps to relieve a dry, itchy scalp.





Leave-in Conditioner

This creamy herbal leave-in conditioner and detangler is designed to smooth the cuticle and remove knots, snarls and tangles. An argan oil base with marshmallow root to give hair extra slip, it won't leave hair feeling oily but will just give it the hydration it needs to stay beautiful until your next wash.



Rose Curling Custard

Adds gloss and volume to all hair types. This unique, clear-gel formula infused with roses and green tea sinks right in to plump up fine, limp strands. It will make the most of any hair texture, taking lush, light and manageable to a whole new level.





Extra Large Adjustable Satin Sleep Bonnet

Protect your hair and keep your curls looking fresh and amazing with our satin bonnets. The extra large size means your curls don't get crushed and you wake up to frizz free curls every day! Equipped with adjustable straps to fit any head size to stay in place when you sleep. There are so many ways to style it!



Scalp Massage Brush

Improves blood circulation to strengthen hair roots and stimulate hair growth. It exfoliates scalp to lift dirt, sebum and dandruff. Use wet, in the shower to help with hair washing with either a co-wash or shampoo or dry to massage scalp to relieve headaches and promote hair growth.





Your Custom Hair Routine

Routine



Here is your custom hair care routine.

1. Use Hair Extravagance Co-Wash as you would a shampoo, massaging well into scalp for several minutes before rinsing well. Reapply as you would a conditioner or if needing extra moisture use the Hair Extravagance Hydrating Conditioner.
2. Use Shampoo as needed. Can be used with the scalp brush for greater scalp stimulation and cleansing.
3. Conditioner should be applied after shampooing or after using a co-wash to add extra hydration. Can be used to “Squish to Condish” to pump moisture into hair. The conditioner can be used to squish water from hair into a bowl or bucket. Dip hair back into conditioner residue and scrunch. Repeat this step approx 5 times until hair feels slippery. You want that “seaweed” feel. Follow with styling products.
4. To maintain hair hydration and shine, use the Repair Deep Conditioning Hair Mask weekly. For shoulder length hair, mix one teaspoon of the Repair Deep Conditioning Hair Mask with two tablespoons Hair Extravagance Hydrating Conditioner. Apply on freshly washed/damp hair and massage from scalp to tips. Cover, apply heat for approximately 1/2hr-1hr, then rinse well until water runs clear. Avoid drying hair with a towel as this causes friction. Use a terry cloth or an old t-shirt to catch extra drips.

5. Follow with the Leave In Conditioner while hair is still damp, avoiding roots. To apply, on freshly washed hair, while it is still soaking wet, section off hair into 3-5 sections depending on your length. Work the leave-in into each section by working up to the roots from the ends. Smooth the product into your curls. Take time to distribute the product well and coat each section of hair equally with the product. Scrunch and follow with Rose Curling Custard. The leave-in conditioner can be used as needed when hair is feeling dry -always use with water.

6. After applying the leave-in conditioner, apply a generous amount of the Rose Curling Custard on wet hair. Rake through hair. Scrunch to accentuate curl pattern. (For more hold, you may also follow with the orange blossom natural styling gel.) Air dry or diffuse.

7. If you are experiencing hair loss or hair is not growing fast enough, massage a few drops of our Grow Gorgeous Hair growth oil onto scalp with the scalp brush or fingers for at least 5 minutes, several times a week.



Tip!

**Never use a towel to dry hair.
Always use a t-shirt or hair turban to
'plop' or just catch the extra drips after
scrunching.**