

natural curl smoothing instructions

the natural curl smoothing instructions are best suited for clients with waves, curls + coils that most often wear their hair naturally (no hair straighteners here!) + are looking for increased smoothing + manageability while reducing frizz.

tools needed:

- pro smooth over priming shampoo
- 1-2 fl. oz pro smooth over frizz-fighting treatment
- amika conditioner or mask
- chemical drape
- gloves
- comb
- blow dryer with diffuser



1. wash hair with pro smooth over priming shampoo to clarify + prep. this important first step removes any product buildup or residue from the hair + create a clean base so the treatment can properly penetrate the strands. repeat this step for thicker, coarser hair + then towel dry to finish.

bring your client back to the chair to apply the treatment. to protect yourself + your client, put on safety gloves + apply a chemical drape to your client.



2. section hair into 4 quadrants. start at the nape of the neck + work up the quadrant. taking 1-inch-thick subsections, spray the pro smooth over frizz-fighting treatment 4-6 inches away from the hair, keeping 1/2 inch away from the scalp. comb through each subsection to ensure the product is spread evenly + fully saturated throughout hair.

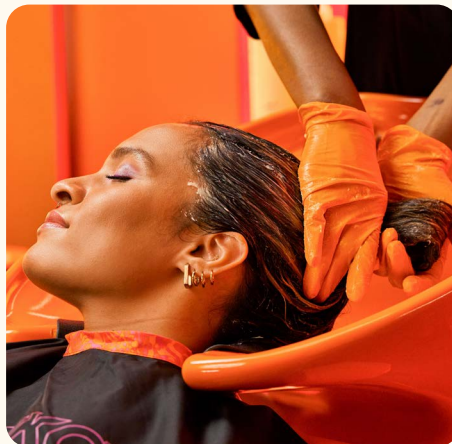
tip: to avoid accidentally applying the treatment on the scalp, hold each section at the root using your gloved finger.



3. let the treatment open air process without heat for 20 minutes.



4. after processing, blow dry using a diffuser on the highest heat setting until 100% dry to help seal in the treatment.



5. rinse hair with water + make sure to skip shampoo to avoid fully rinsing the treatment from the hair. apply an amika conditioner or mask, then rinse.



6. blow dry with a diffuser on any heat setting that's ideal for your client to see final results.

straight smoothing instructions

the straight smoothing instructions are perfect for all hair types that typically blow out or straighten their hair. for clients with wavy, curly, or coily hair types using these instructions, there will be temporary elongation + hair will be straighter than before the treatment but will still require heat styling to achieve a 'straight' look after the first 48 hours.

tools needed:

- pro smooth over priming shampoo
- 1-2 fl. oz pro smooth over frizz-fighting treatment
- amika conditioner or mask
- chemical drape
- gloves
- comb
- blow dryer
- flatiron that reaches up to 420°F/215°C
- round or paddle brush



1. wash hair with pro smooth over priming shampoo to clarify + prep. this important first step removes any product buildup or residue from the hair to create a clean base so the treatment can properly penetrate the strands. repeat this step for thicker, coarser hair + then towel dry to finish.

bring your client back to the chair to apply the treatment. to protect yourself + your client, put on safety gloves + apply a chemical drape to your client.



2. section hair into 4 quadrants. start at the nape of the neck + work up the quadrant. taking 1-inch-thick subsections, spray the pro smooth over frizz-fighting treatment 4-6 inches away from the hair, keeping 1/2 inch away from the scalp. comb through each subsection to ensure the product is spread evenly + fully saturated throughout hair.

tip: to avoid accidentally applying the treatment on the scalp, hold each section at the root using your gloved finger.



3. let the treatment open air process without heat for 20 minutes. while the treatment is processing, heat your flat iron to the following temperatures depending on your client's hair type:

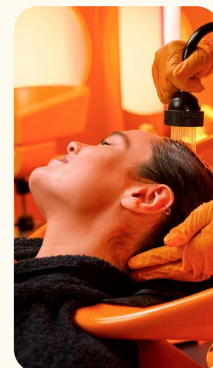
color-treated + chemically-treated hair	fine	360°F/180°C
	medium-coarse	410°F/210°C
virgin hair	fine	400°F/200°C
	medium-coarse	420°F/215°C



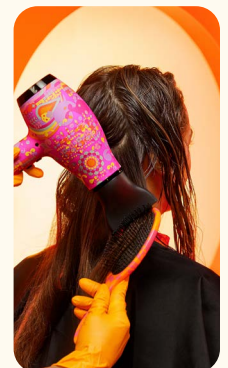
4. after processing, blow dry hair straight using a high heat setting with a round or paddle brush until 100% dry.



5. next, to further seal the treatment into the hair, flat iron small 1/4- 1/2 inch subsections, depending on hair density. starting from the nape of the neck, work the flat iron from roots to ends, 3-5 passes per section, depending on hair type + condition. if your client's hair is damaged + highly porous, only straighten in 3 passes.



6. rinse hair with water + make sure to skip shampoo to avoid fully rinsing the treatment from the hair. after, apply an amika conditioner or mask, then rinse.



7. to complete the treatment, blow dry until 100% dry with a round or paddle brush + flat iron or silk press to see final results.

aftercare 101

that post-treatment euphoria! don't skip aftercare in the midst of it all. to maintain their smoothing results, let your client know to wait at least 48 hours before getting their hair wet, including washing or excessive sweating. in the meantime, there's no wait time for styling hair, including use of styling products, hair clips + hair ties. after the first 48 hours, they can use any of amika's shampoos + conditioners (all of which are sulfate-free) + resume their usual styling routine.

a frizz-fighting routine for every client:



- fine hair**
- normcore shampoo
 - normcore conditioner
 - smooth over frizz-fighting treatment
 - the shield anti-humidity spray



- medium/thick hair**
- velveteen dream shampoo
 - velveteen dream conditioner
 - smooth over frizz-fighting treatment
 - soulfood nourishing mask
 - velveteen dream smoothing balm
 - the shield anti-humidity spray



- thick/coarse hair**
- hydro rush shampoo
 - hydro rush conditioner
 - smooth over frizz-fighting treatment
 - hydro rush intense moisture mask
 - supernova moisture and shine cream