

Briogeo

Ultimate STRENGTH + CONDITIONING ROUTINE

Take the Briogeo **Don't Despair, Repair!™ Challenge** to hit all your healthy hair goals. This collection is proven to strengthen + repair your hair—you'll see (and feel) results in just 14 days.







'MOVE WITH PURPOSE' WORKOUT VIDEOS:


- **Harder** - Video A, B
- **Medium** - Video C, D
- **Easy** - Video E, F

Fitness

DAY 1 video C	DAY 2 video E	DAY 3 <i>rest</i>	DAY 4 video A	DAY 5 <i>rest</i>	DAY 6 video F	DAY 7 video D
DAY 8 <i>rest</i>	DAY 9 video E	DAY 10 video B	DAY 11 <i>rest</i>	DAY 12 video F	DAY 13 <i>rest</i>	DAY 14 video C

Hair

A	B	C	D
<p>Don't Despair, Repair!™ Super Moisture Shampoo</p> <p>An ultra-hydrating, sulfate-free shampoo that brings a surge of intensive moisture while removing dirt, oil, and buildup.</p> 	<p>Don't Despair, Repair!™ Super Moisture Conditioner</p> <p>A rich conditioner infused with a unique argan oil microencapsulation technology to nourish, strengthen, and visibly repair breakage.</p> 	<p>Don't Despair, Repair!™ Deep Conditioning Mask</p> <p>A weekly, clinically proven treatment that strengthens damaged hair and helps prevent future damage. A best-selling 4x Allure Beauty Award Winner!</p> 	<p>Don't Despair, Repair!™ Strengthening Treatment Oil</p> <p>A strengthening, silicone-free hair oil fortified with repairing ceramides to nourish, repair, and provide a smooth, glossy finish. Repairs up to 88% of damage after 2 uses.* <small>*In a third-party clinical trial testing 50 damaged, split end human hair fibers</small></p> 

for fine/thin hair 

CHALLENGE START DATE: _____

DAY 1 A + C + D	DAY 2 <i>skip a wash</i>	DAY 3 A + B + D	DAY 4 <i>grab that shower cap</i>	DAY 5 A + B + D	DAY 6 <i>hit "snooze" on washing</i>	DAY 7 A + C + D
DAY 8 <i>take the day off</i>	DAY 9 <i>make that 2 days off!</i>	DAY 10 A + B + D	DAY 11 <i>unwind + let your hair down</i>	DAY 12 A + B + D	DAY 13 <i>next stop: healthy hair</i>	DAY 14 A + C + D <i>share your results @briogeo</i>

for thick/textured hair 

CHALLENGE START DATE: _____

DAY 1 A + C + D	DAY 2 <i>skip a wash</i>	DAY 3 <i>messy bun kind of day</i>	DAY 4 A + B + D	DAY 5 <i>shower cap, please!</i>	DAY 6 <i>hair PTO day</i>	DAY 7 A + C + D
DAY 8 <i>take the day off</i>	DAY 9 <i>healthy hair in progress...</i>	DAY 10 <i>4th day hair (we won't tell)</i>	DAY 11 A + B + D	DAY 12 <i>hit "snooze" on washing</i>	DAY 13 <i>great hair days ahead</i>	DAY 14 A + C + D <i>share your results @briogeo</i>