

Perfect Natural Hair Care from Phytobiodermie

Wood: Oily Hair & Scalp – the scalp needs to have production of sebum balanced and oil reduced. This is the element of Springtime. **Use Algae Shampoo**

- Home Therapy**
- Step 1: **Green Wood Phyt'Ether** – massage into scalp & leave in
 - Step 2: **Green Clay Mask** – apply to hair sections & scalp with brush over Phyt'Ether and leave on 10-15 minutes.
 - Step 3: Shampoo hair with **Wood Algae Shampoo** blended with a few drops of **Purifying Esserine** essential oil.
 - Step 4: Rinse thoroughly, then condition with **Phytliss Conditioner**.

Fire: Damaged Hair & Irritated/Sensitive Scalp – the scalp needs to be soothed and cooled while sweating is reduced & circulation improved. This is the element of Summer. **Use Cider Vinegar Hairlixxer Shampoo**

- Home Therapy**
- Step 1: **Red Fire Phyt'Ether** – massage into scalp & leave in
 - Step 2: **Red Fire Clay Mask** - apply to hair sections & scalp with brush over Phyt'Ether and leave on 10-15 minutes.
 - Step 3: Shampoo hair with **Cider Vinegar Hairlixxer Shampoo** blended with a few drops of **Yin Energy Esserine** essential oil.
 - Step 4: Rinse thoroughly, then condition with **Phytliss Conditioner**.

Earth: Heavy Looking Hair & Oily Dandruff Unhealthy Scalp – the scalp needs to be detoxified and dandruff eliminated while promoting soft, supple hair. This is the element for between seasons. **Use Citrus-Cypress Shampoo**

- Home Therapy**
- Step 1: **Yellow Earth Phyt'Ether** – massage into scalp & leave in
 - Step 2: **Yellow Earth Clay Mask** - apply to hair sections & scalp with brush over Phyt'Ether and leave on 10-15 minutes.
 - Step 3: Shampoo hair with **Citrus-Cypress Shampoo** blended with a few drops of **Normalizing Esserine** essential oil.
 - Step 4: Rinse thoroughly, then condition with **Phytliss Conditioner**.

Metal: Dry, Brittle Hair & Dry Scalp – the scalp needs to have more oxygen and mineral retention while circulation is improved. This is the element of Autumn. **Use Sweet Almond Oil Shampoo**

- Home Therapy**
- Step 1: **Blue Metal Phyt'Ether** – massage into scalp & leave in
 - Step 2: **White Metal Clay Mask** - apply to hair sections & scalp with brush over Phyt'Ether and leave on 10-15 minutes.
 - Step 3: Shampoo hair with **Sweet Almond Oil Shampoo** blended with a few drops of **Balancing Esserine** essential oil.
 - Step 4: Rinse thoroughly, then condition with **Phytliss Conditioner**.

Water: Limp, Flat Hair & Dehydrated Scalp – the scalp needs to be hydrated and toned. Recommended for graying hair. This is the element of Winter. **Use Horsetail-Buckwheat Shampoo**

- Home Therapy**
- Step 1: **Violet Water Phyt'Ether** – massage into scalp & leave in
 - Step 2: **Black Water Clay Mask** - apply to hair sections & scalp with brush over Phyt'Ether and leave on 10-15 minutes.
 - Step 3: Shampoo hair with **Horsetail-Buckwheat Shampoo** blended with a few drops of **Toning Esserine** essential oil.
 - Step 4: Rinse thoroughly, then condition with **Phytliss Conditioner**.