



the 5-day wash cycle

free · one page · no email — kay's exact routine ♥

day 1 — wash day, done right

- 1 Shampoo your SCALP only. It will barely lather — that's buildup lifting, not failure. Rinse.
- 2 Shampoo the scalp AGAIN. This one suds like crazy — it's cleaning a clean surface now.
- 3 Conditioner from the ears DOWN — mids and ends only, never the scalp. One minute. Rinse cool.

Out of the shower: microfiber towel or hair wrap — never the rough bath towel.

the in-between days (my exact lineup):

- | | |
|------------------|---|
| every day | Rejuvabeads through the ends (wet or dry) + a few drops of Gloss Mode dry oil on the ENDS — day 1 through day 5, never the roots. |
| day 2 | otherwise nothing. maybe a claw clip. let your scalp settle. |
| day 3 | where everyone quits — your scalp is adjusting, not failing. dry shampoo (The Champ) at the roots if you need it. |
| day 4 | texturizing spray through the lengths if it's going flat. touch-ups only. |
| day 5 | slick bun, braid, or down — take the photo. you made it. |
| night 5 | treatment night: Rejuveniqe oil massaged into the SCALP, sleep on it, wash it out in the morning — day 1 again. |

club rules



- ☾ no silicones — they fake day-one hair and charge you interest.
- ☾ conditioner never touches your scalp. ever.
- ☾ wet hair is fragile — detangle gently, microfiber or a tee, never a rough towel.
- ☾ sleep on a silk or satin pillowcase — cotton drinks your oil and roughs up your ends.
- ☾ if your FIRST wash suds a lot, you're washing too often.

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