



## **ISLAND HAIR & SCALP** **INTENSIVE MOISTURIZING TREATMENT | 25 MINUTES**

This island style hair and scalp treatment will give your skin and hair a healthy boost by conditioning and nourishing your scalp and hair, leaving your hair super glossy, soft and healthy.

It is an especially good treatment for dry scalp or dandruff.

Our signature formula blends coconut oil, avocado oil, macadamia nut oil, kukui nut oil and rice amino acids.  
Selected specifically for their skin healing benefits

### Products Needed

- Island Hair & Scalp formula. Amount used will vary on amount of hair on client. Recommended average usage: 1 oz
- Choice of Body Butter, Body Butter or Virgin Coconut oil

### Additional Items needed

Table set up:

1 sheet, 2 bath towels width wise on sheet at head.

One folded length wise. One on top half draped off table. 1 Bath Sheet.

- Small pitcher, silicone or porcelain cup for pouring
- Spray bottle with water
- Moist Towel warmer
- One damp hot towel to wrap head
- One shower cap
- Stool

### **Treatment: Beginning (2 minutes)**

- Heat table to high setting
- Pick up client following standard protocol. Use and confirm client name. Client should be wearing a robe.
- In the treatment room, instruct client to lie face up on Treatment table.
- Review the type of treatment and length.
- Ask client to select their preferred Body Butter scent. Place Island Hair & Scalp formula in damp towel warmer.
- Review contraindications including allergies to nuts (nut oils)
- Ask if clients have any open wounds, injuries or scalp issues you should know about.

### **Treatment: Scalp Massage and Hair Conditioning (10 minutes)**

- Bring stool to head of table. Remove cradle.
- Spray client's hair liberally with water to dampen hair. Pull gently through hair and massage into scalp. Be very loving of the hair and scalp and as with body work, treat them with great care. For longer hair, separate hair and spray throughout to dampen all layers. Let hair fall as you spray through it. Twist hair to consolidate moisture and pull outward. For dandruff, work your finger tips into scalp to loosen.
- Take small amount of warm oil and place in palm of hand. Rub hands together and place a small amount on finger and place on forehead in small circular motions.
- Client feels the warmth of the oil on their cranium, and relaxes.
- Rub other hand together with palm on forehead and begin the application by pulling the oil through the hair using your oily fingers to distribute it evenly and lightly.
- The trick is to use just enough so that the oil will penetrate the hair, without leaving an oily or greasy look. Use more at the ends, less in the middle and very little, at the roots.
- Add oil gradually to your palms and rub together as needed, saving some to dip the ends of the hair into.



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- Turn fingers toward each other and pull them through hair.
- Although the molecular structure of coconut oil is perfect for penetrating inside the hair shaft, and works beautifully with the natural hair proteins, it is still easy to go overboard with the application, and end up with oily hair.
- Do not leave the client alone in the room especially during a wrap when they may become too warm or claustrophobic.

### **Wrap (10 minutes)**

- Twist hair into a bun and rock head gently side to side to place the shower cap on the head. Hook cap below ears without snapping.
- A hot towel, folded in half lengthwise is wrapped securely around the head to activate the oils. Tuck underneath the back of head. Then wrap the dry towel like a turban tightly around the head to seal the warmth and keep scalp dry. Drape over the table.
- Using Body Butter during the activation, massage around the temples, face, jaw and neck, shoulders and hands. Stretch neck and work underneath shoulders and tap on the spine.
- When massaging the face, explain that our massage oil can be used on the face because it is a blend of light tropical oils and plant distillates which is very emollient and nourishing. Begin at the chin and work up toward the forehead focusing on the fatty parts of the face and using circular motions. Work lightly on the temples. Apply pressure to points and pull upwards on face and lymph nodes.
- Time permitting you can add a foot and or hand massage.

### **Treatment Ending (2 minutes)**

- Remove shower cap and hot towel from head.
- Wipe bottoms of feet with hot towel if you have applied oil or lotion
- Advise client to leave scalp treatment in hair as long as possible for best results.
- This oil is a great treatment for dandruff.
- For very dry or damaged hair leave the hair treatment on overnight.
- For oily or normal hair, leave the treatment on for two hours.
- If they do not want to leave oils in hair you may lead client to the shower to rinse out with a gentle shampoo. Do not use additional conditioner.

Ingredients for Contraindications: Virgin Coconut Oil, Avocado Oil, Macadamia Nut Oil, Kukui Nut Oils.

For more information on Ola products or Ola Tutorials, please visit our website at:  
[www.hawaiianbodyproducts.com](http://www.hawaiianbodyproducts.com)