

# HAIR QUIZ CHEAT SHEET

1. Choose your desired outcome from the **RESULTS** column.
2. Moving across the chart, line up the desired result with the **CONCERN** you wish to address.
3. Get your ideal four-product combo, from the **RECOMMENDED** columns.



No hair treatment is complete without MONAT's **REJUVENIQE™ Oil Intensive** and **S3 Supplement Support System!**

**REJUVENIQE™** helps reduce hair thinning and prevent oxidative stress while adding long-lasting shine.

**S3** provides advanced nutrition for your hair and promotes enhanced hair growth from the inside out.

Make sure to include these two essential products as part of your everyday hair care regimen!

RESULTS	VOLUME	HYDRATION	SMOOTH	SHINE	TEXTURE
CONCERN	<b>DRY SCALP</b>				
RECOMMENDED	IRT Shampoo	IRT Shampoo	IRT Shampoo	IRT Shampoo	IRT Shampoo
RECOMMENDED	IRT Conditioner	IRT Conditioner	IRT Conditioner	IRT Conditioner	IRT Conditioner
RECOMMENDED	Intensive Repair Treatment	Intensive Repair Treatment	Intensive Repair Treatment	Intensive Repair Treatment	Intensive Repair Treatment
RECOMMENDED	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Black Groom Styling Clay
CONCERN	<b>DAMAGED HAIR</b>				
RECOMMENDED	Revive Shampoo	Renew Shampoo	Renew Shampoo	Renew Shampoo	Renew Shampoo
RECOMMENDED	Replenish Masque	Replenish Masque	Replenish Masque	Replenish Masque	Replenish Masque
RECOMMENDED	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner
RECOMMENDED	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner
CONCERN	<b>THINNING HAIR</b>				
RECOMMENDED	IRT Shampoo	IRT Shampoo	IRT Shampoo	IRT Shampoo	IRT Shampoo
RECOMMENDED	IRT Conditioner	IRT Conditioner	IRT Conditioner	IRT Conditioner	IRT Conditioner
RECOMMENDED	Intensive Repair Treatment	Intensive Repair Treatment	Intensive Repair Treatment	Intensive Repair Treatment	Intensive Repair Treatment
RECOMMENDED	Black Groom Styling Clay	Black Groom Styling Clay	Black Groom Styling Clay	Black Groom Styling Clay	Black Groom Styling Clay
CONCERN	<b>HAIR BREAKAGE</b>				
RECOMMENDED	Revive Shampoo	Revive Shampoo	Revive Shampoo	Revive Shampoo	Revive Shampoo
RECOMMENDED	Replenish Masque	Replenish Masque	Replenish Masque	Replenish Masque	Replenish Masque
RECOMMENDED	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner
RECOMMENDED	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner
CONCERN	<b>FRIZZY HAIR</b>				
RECOMMENDED	Renew Shampoo	Renew Shampoo	Renew Shampoo	Renew Shampoo	Renew Shampoo
RECOMMENDED	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner
RECOMMENDED	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Restore Leave-In Conditioner
RECOMMENDED	ReStyle Instant Sculpting Taffy	ReStyle Instant Sculpting Taffy	ReStyle Instant Sculpting Taffy	ReStyle Instant Sculpting Taffy	ReStyle Instant Sculpting Taffy
CONCERN	<b>OILY SCALP/HAIR</b>				
RECOMMENDED	BLACK 2-in-1 Shampoo + Conditioner	Renew Shampoo	IRT Shampoo	Renew Shampoo	IRT Shampoo
RECOMMENDED	Replenish Masque	Revitalize Conditioner	Revitalize Conditioner	Revitalize Conditioner	IRT Conditioner
RECOMMENDED	Reshape Root Lifter	Reshape Root Lifter	Restore Leave-In Conditioner	Restore Leave-In Conditioner	Tousled Texturizing Mist
RECOMMENDED	ReFinish Control Hairspray	Black Groom Styling Clay	Black Groom Styling Clay	ReFinish Control Hairspray	Black Groom Styling Clay



# MONAT HAIR CARE TIPS



## 1. Brush your hair vigorously before you shower to prevent tangles and to stimulate the scalp.

Stimulating your scalp increases blood flow and circulation, which benefits the hair follicles and hair. Increased blood flow will make for a healthier scalp, healthier hair and support hair growth.



## 2. Wet hair thoroughly when washing.

Hair should be thoroughly wet before adding shampoo, like **MONAT Renew Shampoo**. Warm water will open the cuticle, which will help remove any dirt or build-up trapped in the hair. Rinse out conditioner with cool water which helps close the hair cuticle.



## 3. Shampoo your hair twice for best results.

The first wash removes excess dirt and build-up. The second wash gets your hair clean. Use the second shampoo to work shampoo into the roots and create a proper lather. Keep in mind that MONAT shampoos are formulated to remain on the scalp for at least two minutes to allow ingredients to be absorbed.



## 4. To prevent hair breakage, only use a wide-tooth comb or wet brush when hair is wet to detangle your hair.

The comb and wet brush don't tug and pull at your hair like a regular brush so they safely and easily remove tangles with less damage.



## 5. Shake it!

Because MONAT products contain many natural ingredients, it is best to shake the products well before using. Especially the **REFINISH Control Hairspray**, **RESHAPE Root Lifter**, **TOUSLED Texturizing Mist** and **THE CHAMP Conditioning Dry Shampoo**.



## 6. When using a towel to dry your hair, press onto wet hair and scalp gently.

Hair is most delicate when wet so don't use rough rubbing actions to dry with a towel. Wrap well and allow water to be absorbed.



## 7. Get the full benefits of your styling products by applying them 2 minutes before you style to let them fully absorb into your strands.

After combing your hair out of the shower, towel dry as needed then apply your products right away and let them absorb into your strands for about 2 minutes before you pick up your hair dryer and other styling tools. **Special note:** When using **TOUSLED Texturizing Mist** in your hands, rub together then distribute throughout your hair.



## 8. Dry before you style.

Before using your curling iron or flat iron, make sure your hair is completely dry. Placing a heating tool on wet or damp hair can cause slow damage to your hair.



## 9. Tame flyaways by using some MONAT RESTYLE Instant Sculpting Taffy or REJUVENIQE™ Oil Intensive.

Combat those little hairs that won't stay flat by using **RESTYLE Instant Sculpting Taffy** on dry hair. You can also put a few drops of **REJUVENIQE™ Oil Intensive** in your hands, rub together and distribute on those flyaways.



## 10. What is dry shampoo and how do I use it?

**The CHAMP Conditioning Dry Shampoo** by MONAT works by absorbing oil from your scalp and hair, making it look and feel freshly washed. Spray at the roots as needed, massage it in with your fingers and then brush. **Tip:** Always shake the shampoo well before utilizing.