WARNING:
This set contains chemicals that may be harmful if misused. Read cautions on individual containers carefully. Not to be used by children except under adult supervision.

Create berry scented haircare!
Get Ready to Have Great Hair!

Welcome to your Spa-La-La Hair Stylist Kit. You will have a blast creating your own fruity scented shampoo and conditioner! Your hair will be shiny, clean, sweet smelling, and look awesome. Your friends will want to know your secrets!

What's included in your Kit:
- Shampoo base
- Conditioner base
- Fragrance/Dye
- Thickening agent
- Mixing spoon
- Towel hair wrap
- Brush

Other things you will need:
- Water
- Mixing bowl
- Mirror
- Bar of soap
- Headband
- Funnel (optional)

Activity #1: All Mixed Up

Whether your hair is long or short, or, curly or straight, shampoo is good for it. When you shampoo your hair, it leaves your hair clean and shiny and smelling fresh. You can make your own cool berry scented shampoo!

What you’ll need from your Kit:
- Shampoo base
- Fragrance/Dye
- Thickening agent

Other things you will need:
- Mixing bowl
- Funnel (optional)

What you do:

Step 1:
Pour the shampoo base into the mixing bowl.

Step 2:
Add the thickening agent. Stir until it is totally mixed.

Step 3:
Add half of the fragrance/dye. Save the rest of the fragrance/dye, you'll use it to make conditioner in Activity #2.

Step 4:
Stir the shampoo and fragrance/dye together until they are totally mixed. Mmmm, smells great!

Step 5:
Carefully pour the shampoo back into its original bottle. To make this easier, use a funnel if you have one.

Yes! You have made your very own shampoo! Set it aside for Activity #3.

Note: Wash the mixing bowl so it is ready to make your conditioner.
Activity #2: Get in Condition

Conditioners moisturize, add shine and make your hair stronger. You can make your own conditioner too!

**What you’ll need from your Kit:**
- Conditioner base
- Mixing spoon
- Fragrance/Dye

**What you will need:**
- Mixing bowl
- Funnel (optional)

**WHAT YOU DO:**

**Step 1:**
Pour the conditioner base into the mixing bowl.

**Step 2:**
Add the rest of the fragrance/dye to the conditioner base.

**Step 3:**
Stir the conditioner and fragrance/dye together until they are totally mixed.

**Step 4:**
Carefully pour the conditioner back into its original bottle. To make this easier, use a funnel if you have one.

Awesome! Here’s your very own conditioner! Set aside for Activity #3.

Activity #3: Lather, Rinse, Repeat

Now you have your very own hair products, made by you! It’s time to use them. Here are some simple tips on the perfect way to shampoo and condition your hair.

**What you’ll need from your Kit:**
- Shampoo
- Brush
- Conditioner

**What you will need:**
- Water

**WHAT YOU DO:**

**SHAMPOO:**

**Step 1:**
Wet your hair with warm water (hot water is not good for your hair and scalp).

**Step 2:**
Pour a quarter-sized amount of shampoo onto your palm and rub your hands together. Apply the shampoo to your scalp using your fingertips. Your main goal is to clean your scalp. Massage gently.

**Step 3:**
Rinse. The shampoo will run through your hair, cleaning it.

**CONDITIONER:**

**Step 1:**
While your hair is wet, rub a dime-sized amount of conditioner between your palms (you may need more conditioner if your hair is long). Apply the conditioner to your hair, starting at the middle of the hair shaft and working your way to the end.

**Step 2:**
Run the brush through your hair to make sure the conditioner is spread evenly. Leave the conditioner on your hair for a few seconds before you rinse it out.

**Step 3:**
Rinse! You’ll know you’ve rinsed long enough when your hair feels clean as you run your fingers from your scalp to the ends of your hair.
Activity #4: Towel Drying

Heat can damage your hair, so it's a good idea to allow hair to partially dry in a towel first before blow drying.

What you'll need from your Kit:
- Towel hair wrap

WHAT YOU DO:

Step 1:
Bend over at the waist and flip your hair forward, away from your head. If you have longer hair, it will hang down in front of your face.

Step 2:
Center the towel over the back of your head, with the ends hanging down.

Step 3:
Twist the ends of the towel together around your hair.

Step 4:
Flip the twisted ends of the towel back over the top of your head and stand up. There's your towel wrap! Cool. So simple.

Activity #5: Shape Up!

Haircuts can suit your personality or style. Are you sporty or an artist? A fashionista or a ballerina? Any haircut or hairstyle is cute. Just remember to keep your hair clean and brushed.

Just for fun, if you want to try something new, here are some tricks of famous hair stylists. To choose a special haircut or style to match the shape of your face, first find out what shape you have. Here's how.

Things you will need:
- Bar of soap
- Headband
- Mirror

WHAT YOU DO:

Step 1:
Put on a headband to keep all of your hair off your face.

Step 2:
Looking straight into the mirror, ask your adult helper to trace the shape of your face onto the mirror with a bar of soap. Follow the hairline around your temples and forehead, down your cheeks and around your chin.

Step 3:
Look at the shape you drew. Is your face oval, round, square, long/diamond or heart? Note: Don’t forget to wash the outline off the mirror when you’re done with this activity.

Styling Tips

The shape of your face is part of what makes you beautiful!

Oval: Because the top of your face is shaped the same as the bottom of your face, you could try out a hairstyle for any face shape.

Round: Pixie cuts, or side parts are fun for you. Cute!

Square: Add curls or wispy bangs. Go fun or dramatic!

Long/Diamond: Add bangs and layers, curls or waves around the chin and temples. Long and glamorous would be fun.

Heart: Curls or fullness near the chin are perfect for the heart shaped face. Wispy bangs or fringe work well, too.

Try a few different styles and see what you like best!
Changing the Texture of Your Hair

It is easy to change the texture of your hair. That means you can make your curly hair straight or make your straight hair curly. There are lots of ways to do that. Try some of these.

**WARNING:** Remember to get an adult assistant when you use anything that plugs in and heats up.

**Curlers**
Curlers come in all shapes and sizes. Smaller curlers make smaller curls and bigger curlers make bigger curls. Curlers work best when your hair is damp. You can use a little setting gel on your damp hair before you put in the curlers if you want your curls to last longer. Roll up sections of hair on your curlers and keep them in for several hours. Your hair has to dry for the curl to stay in. Try putting the curlers in before bed and taking them out in the morning.

**Blow Dryer**
You can make curls with your blow dryer and a round brush. Your hair should be damp. Use the brush like a curler and aim the warm air of the blow dryer at it. You can also straighten your hair with the same tools. Brush your hair while stretching it out away from your head and blowing it dry. Both of these might take a little practice, but once you get it, it will be a fast way to curl or straighten.

**Rags**
Before they invented curlers, girls used strips of rags to curl their hair. Do it just like using curlers. Roll a section of hair around the center of a strip of fabric. Tie the ends of the fabric strip in a knot to hold it in place on your head. You might look silly with strips of rags on your head, but they are comfortable to sleep in. No strips of rags or fabric around? Use clean socks instead.

**Curling Iron**
Curling irons come narrow to fat. Pick one to make the size curls you want. Roll up a section of hair on the curling iron. Hold for 3 seconds. Unroll. There’s your gorgeous curl!

**Flat Iron**
A flat iron will make your hair super straight. Press the flat iron around the base of a section of your hair and slide it down to the ends of the hair. You might have to do this in many sections, but your hair will be smooth and straight.

**Hot Rollers**
If you are in a hurry, plug in your hot curlers. When they are hot, put them in your hair and you will have curls in minutes!