

LUXEORGANIX

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User Guide:

BIOTIN HAIR RESCUE
Shampoo & Conditioner

FAQs

“Does it have sulfates or sodium chloride?”
“Will this shampoo help my hair grow?”

Tips for Best Results



Thank you for purchasing LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner.

It is our sincere desire that you will *absolutely love your hair* and love your experience when you use our products. Because we weren't willing to settle for less than the best ingredients, with health as our priority, you may notice some differences between what you've used in the past, as you begin using our products. Our goal is for you to have beautiful hair, without sacrificing your health. So now that you've got our healthy products in your hands, let's focus on what you can expect with LuxeOrganix, and how you can get your best, beautiful results with it.

- Christine Kominiak, Co-Founder of LuxeOrganix

Understanding and Maximizing Your Results With Your New Sulfate-Free Shampoo

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What is the Main Purpose of LuxeOrganix Biotin Shampoo and Conditioner?

LuxeOrganix Biotin Rescue Shampoo and Conditioner supports the health of the scalp, which ultimately promotes the health of the hair follicle and leads to the growth of thicker, healthier looking hair. Both are free from harmful ingredients so that you can rest assured that our products will give you there results you are looking for without sacrificing your health.

Potential Benefits Of LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner

1. Increased circulation and blood flow, helping the hair follicle receive the oxygen and nutrients necessary to effectively grow and maintain healthy hair.
2. Reduce inflammation of the scalp and skin, which allows for appropriate blood flow and decreases the impact of poor skin health on the hair follicle.
3. Reduced dandruff levels, which is a sign of unhealthy skin and over activity of the sebaceous glands.
4. Anti bacterial and anti-fungal capacity promote overall scalp health.
5. Reduced itching due to unhealthy skin, which prevents the likelihood that an individual will scratch and cause damage to their scalp and hair.



Frequently Asked Questions

Here are some questions or requests we've received from our customers:

“Does this have sulfates or sodium chloride? I want to make sure it's safe for my keratin treatment and color treated hair.”

LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner are 100% free from sulfates and sodium chloride. We have many customers who use our product specifically because it is safe and works so well for keratin-treated hair (and it contains no sulfates or sodium chloride, which absolutely must be avoided with keratin treatments so the treatment is not stripped).

You may already know that you want to wait 3-4 days (at least 72 hours) before washing your hair or swimming after your keratin treatment. Of course, this really depends on the type of treatment you receive, and your stylist will be able to give you the specific instructions on how to care for it afterward. Please do let us know if you have any questions or if we can assist you as you begin to use the shampoo and conditioner.

For more about ingredients, [click here](#).

“It doesn’t lather up the same as other shampoos?”

First, it’s important that you are aware that sulfate-free shampoos do not foam or lather up like other sulfate-based shampoos that can be harsh on hair and scalps, and cause health issues.

Since LuxeOrganix Biotin Hair Rescue is a sulfate-free shampoo (which means it will not lather the same as shampoos containing sulfates), hair type and length make a big difference when it comes to how much product is needed, as well as how it is used to get beautiful results.

As you know, using products with sulfates can cause a lot of problems for people, such as itchy, flaky and irritated scalps. It can be a little strange at first if this is your first experience using a sulfate-free shampoo, but just because it doesn’t have a lot of suds, doesn’t mean it isn’t cleansing your hair. We have been conditioned to associate suds with cleanliness, so it can take some getting used to (and trusting) that your sulfate-free shampoo is doing the job. (I know it was an adjustment for me!)



Often times getting sulfate-free shampoo to lather and spread is a simple fix by making a few adjustments, such as simply ensuring that you have plenty of water in your hair while massaging the product through it. Below are some tips to delve deeper into how to get the best results (and more suds) with the sulfate-free shampoo.

Get the same great results without using more product than necessary.

Applying the Shampoo

Before adding the shampoo, you first want to make sure you've rinsed your hair *really* well. Consider how your hair stylist rinses your hair, and even uses their fingertips to massage and gently scrub the scalp to get the extra sediment out and dead skin cells removed, before applying the shampoo.

Now, after your thorough rinse, spread the shampoo in your palms. Add a splash of water to your hair and then apply the shampoo to your roots. Use your palms to rub the shampoo around, and then use your fingertips to gently massage and spread evenly. This will help the mild sulfate-free cleansing agents lather up a bit and evenly spread. If you're still not getting the shampoo to spread or are not feeling any lather, try adding a splash of water.

Then when rinsing the shampoo from your hair, alternate from using the fingertip massaging technique to get the product and any remaining sediment rinsed out, to squeezing from your roots to your ends.

Keep in mind that if you let several days go by in between shampooing, and/or if you use styling products, that it may require a little more product or extra effort to cleanse with a sulfate-free shampoo (as a sulfate-based shampoo is designed to strip the hair, even of its good and necessary oils).

Once you have rinsed thoroughly, your hair texture should feel squeaky clean (not moisturized or even soft necessarily), because our shampoo doesn't contain parabens or other unnecessary conditioning ingredients. The conditioning is to be done by the conditioner, and by having the hair be squeaky clean, it will be better prepared to soak up the conditioning ingredients.

Applying the Conditioner

After rinsing out the shampoo, apply and spread a dollop of conditioner in your palms, and then apply to your hair and scalp. For some people it is necessary to avoid adding the conditioner to the roots, as their hair and scalp type can tend to be oily and will cause the hair to lay down or become greasy-looking sooner. In this case, you may want to try limiting the time the conditioner is on your scalp, or avoid the scalp altogether and simply focus on applying the conditioner to the hair alone.

On the other hand, our biotin shampoo and conditioner are loaded with ingredients that promote a healthy scalp. After consistent use, the conditioner may help balance out previous over-production of oils or scalp issues, such as itchy scalp or dandruff.

Using a wide-tooth comb can also be helpful to spread the conditioner down to the ends of your hair, as well as detangle (gently work from the ends up to the roots.) Take a minute to massage it thoroughly into your hair and scalp. If your hair is typically dry, you'll get more benefit from leaving it on to soak for several minutes. Don't be surprised if you feel stimulation from the essential oils - the cooling, tingling or warming

sensation reflects that your scalp is being stimulated by these healthy hair growth ingredients.

Using Styling Products with your Sulfate-Free Shampoo

It's good to know that if you use styling products (such as gels, mousse, hair cream, hairspray, etc), and/or are not washing for several days, when using any kind of sulfate-free shampoo, you're likely to have more build up, resulting in your hair or scalp appearing unclean (i.e. greasy/oily, flaky) or by feeling dry or itching.

Since sulfates are known for stripping the hair, they are able to handle lots of product build up or several days of not washing. So using a sulfate-free shampoo is a bit of a trade off: no sulfates means that you're working with a gentler product that may require a little extra effort (i.e. adding water to get it to spread better), or even a little extra shampoo to remove build up - vs - a sulfate based shampoo is more harsh on your hair/scalp and contains ingredients that are linked to numerous scalp, skin and health conditions.

Being sure to rinse and scrub well, like a professional stylist does when shampooing your hair, along with leaving the shampoo on for just a minute or two to soak, before rinsing, can give the cleansing agents a chance to work at removing extra sediment.

Scalp Health With LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner

LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner promotes scalp health by increasing the circulation of blood flow through the scalp and to the hair follicle.

The prevention of bacteria from growing on the scalp and within the hair follicle will promote healthier skin and hair follicles, which lessens the potential for negative impact on overall hair growth.



“Where can I find an ingredients list?”

You can find a complete list of ingredients, including additional details about each, by [clicking here](#).

“How often should I use the Biotin Shampoo and Conditioner?”

This is dependent on hair type. If your scalp is oily, for instance, once a day may be helpful. It all really depends on your hair type and your specific needs, but it is recommended to use about once or twice a week for most hair types. For personal suggestions for your hair type please feel free to reach out to us [here](#).



“I have a bald spot. Will this shampoo help hair grow?”

LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner promotes scalp health and healthy hair growth by increasing the circulation of blood flow through the scalp and to the hair follicle.

The prevention of bacteria from growing on the scalp and within the hair follicle will promote healthier skin and hair follicles, which lessens the potential for negative impact on overall hair growth.

Our Biotin Hair Rescue Shampoo and Conditioner has many organic and natural active ingredients that help with hair growth, strength and hair loss. Organic Equisetum Arvense (Horsetail Plant) is a known ingredient to help with balding issues, while Organic Rosmarinus Officinalis (Rosemary Water) has been linked with hair growth.

Research shows that applying products with rosemary to your scalp and hair can help improve hair growth and it also is known to counteract the disease (Alopecia) by increasing blood circulation in the scalp, aiding in the regeneration of damaged hair follicles.

Numerous ingredients in this product may stimulate hair growth to promote blood flow and reduce sebum levels on the scalp.

All that said, if an individual's hair loss is directly caused by the lack of effective blood flow to the hair follicle or sebum, then it is possible for some hair to grow back if it is addressed early enough and significant damage has not been caused.

"I have psoriasis on my scalp, will the shampoo and conditioner help with this issue?"

Our Biotin Hair Rescue Shampoo and Conditioner contain ingredients such as **Tea Tree, Peppermint and Rosemary** which are all known to help with scalp issues such as Psoriasis.

Tea tree and peppermint essential oils contain anti-bacterial, anti-fungal, anti-inflammatory, and antiviral properties. As a result, people use tea tree oil and peppermint oils to alleviate many minor skin irritations, such as acne, lice, and psoriasis.

Rosemary helps to reduce sebum, and is perfectly suited to narrow enlarged pores. It has an anti-inflammatory effect, which perfectly cleanses the scalp and helps to reduce rashes on the skin and, therefore, significantly can help with psoriasis. With existing skin diseases such as psoriasis, eczema, boils, dermatitis, and many others, rosemary has wound-healing effects.



"Why does my hair feel dry?"

Though this is certainly rare, we have come across several possibilities of why someone may feel their hair is dry after using our sulfate-free shampoo. But let's first look at the most likely reason, which is how the shampoo is designed. LuxeOrganix Biotin shampoo was designed to be a healthy alternative to salon quality products (as well as free from harsh and unnecessary extra ingredients that can cause many issues). It is not loaded up with synthetic moisturizers (or parabens), which can be found in lower quality, sulfate-based shampoos that strip hair of its natural, beneficial oils.

These extra moisturizers or parabens give the impression of your hair feeling soft after washing with shampoo.

So since LuxeOrganix doesn't contain anything unnecessary, as mentioned above, this could be why for some, after rinsing out the shampoo, may feel their hair is dry; however, it should only be a reflection of your hair being squeaky clean, and is now prepared to be deeply moisturized and protected by the ingredients included in the conditioner. Simply put - it's designed not to be a stand alone product, but instead to be paired with the LuxeOrganix Biotin Conditioner.

However, another common reason for hair feeling dry after washing it with the shampoo, is that the hair is already severely dehydrated or even damaged.

Many of our customers have found it helpful that after washing with the shampoo and conditioner, following with a small amount of [LuxeOrganix Argan Oil Styling Cream](#) helps add hydration and control, leaving hair smooth and frizz free, and adding manageability.

Also helpful is to occasionally use a deep conditioning hair mask, in place of or before the Biotin Conditioner. The [LuxeOrganix Deep Conditioner Hair Mask](#) is designed to perfectly to follow the Biotin Shampoo, and can make a significant difference in the health of your hair and scalp. If you're frustrated with dry scalp or hair, and want to give it something nourishing, you can't beat the premium ingredients that are in this hair mask. You will notice almost immediately how it penetrates deeply, to strengthen, repair and grow healthy hair. If you find you enjoy the texture of your hair after using the Biotin Conditioner, you can certainly use it following your deep conditioning treatment.



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“Excellent Styling Cream for Dry and Curly Hair”

I have thick, dry, natural curly hair and it's hard to find a styling cream that manages my hair with out drying it. While this enhances my curls it keeps them tamer than normal and has really cut back on the frizziness I had. Even with my thick hair I only need to use a small amount in my hair. About the size of a nickel.

★★★★★

Josie B. - May 5, 2016

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Argan Oil
STYLING CREAM
HYDRATING & CONTROL

Of course using high quality products meant for your specific hair type is only part of the equation. Taking good care of your hair, eating healthy foods that will enable your hair to grow healthier, and using simple home remedies can help treat and restore dry hair to being naturally beautiful.

First, let's look at some of the different factors that can cause your hair to become dry or damaged:

- The weather
- Heat styling
- Too many smoothing treatments (such as Keratin treatments) too closely together
- Hormone changes or treatments
- Using any hair products with harsh sulfates
- Brushing your hair when it is wet
- Over using shampoo, stripping your hair of it's natural oils
- Chasing split ends (hair that needs to be cut above the split to stop it)

The good news is there are many available solutions as to how to help remedy this, in addition to using the LuxeOrganix Biotin Hair Rescue Shampoo and Conditioner as part of your hair's healing process. Let's explore some ideas for you below.

How To Rejuvenate and Protect Your Hair

1. **Dealing with the Weather:**

Though you probably already realize that dry and brittle hair is a year-round problem, winter's cold combined with higher temperatures indoors can parch and dry out your hair. So you'll want to adjust your winter hair care regimen if this is a common challenge for you. Plan to give you hair a heavier dose of moisturizing love, by allowing your conditioner to soak longer than you normally would (normal soak time is 3-4 minutes, in the winter you'll want to stretch it to at least 5-10 minutes). Sun exposure can also have an impact on the balance of moisture in your hair, so you'll want to make adjustments for warm weather, too. Also consider adding a hair mask to your regimen. More on that in minute....



2. **Heat Style the Right Way with the Right Tools:** Did you ever see the YouTube video where the girl burned off all her hair with a curling wand? There are right ways

and definitely wrong ways to style with heat. You can use hairspray and other products that contain, say alcohols, but you want to have a barrier between the hairspray and your hair. The way you create the barrier is by using something with an oil base. (Our [Argan Oil Styling Cream](#) is perfect for this as it contains a Thermal Heat Protectant that provides hydration and control.)

- **IMPORTANT:** Always make sure your hair is 100% dry before using a heat styling tool, such as a curling iron or flat iron. If you are using a styling gel, spray or something similar, make sure your hair has been thoroughly dried beforehand. Be careful to avoid burning your hair when using a blow dryer by making sure your heat setting is not too high that it would burn your skin (this is a good way to test if it is too hot for your hair), and don't hold the blow dryer so close to your hair that you see smoke or smell it. Also important for drying your hair: traditional blow dryers dry the hair from within the hair shaft to the outer layer, and also take longer to dry the hair. An Ion Blow Dryer; however, dries hair from the outside, which not only makes a great impact on the health of your hair, but it also saves you a lot of time by drying the hair faster. If you blow dry your hair, investing in an Ion blow dryer is a wise investment for the health of your hair.

3. **Minimize “too many” Smoothing Treatments:** Consider taking a break from or discontinue straightening (or Keratin) treatments by just “going with” your hair type. Typically those of us with naturally curly hair love straightening our hair because we aren't thrilled with how our locks look. They may look frizzy, or have unnatural kinks. A well trained stylist should be able to advise you of styling products that can work with your natural hair, and give you beautiful, bouncy locks. Another secret for dealing with those few sections of your hair that don't curl up well like the others, is to simply use a curl iron or wand to spot treat those difficult areas. You can also

define your curls by twisting them around your finger while they are still damp after showering and applying a styling cream. Then simply let them air dry or use a diffuser on your hair dryer, occasionally scrunching (without rubbing) your hair.

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BEAUTY WITHOUT SACRIFICING YOUR HEALTH

- NO SULFATES (SLS)
- NO PARABENS
- NO SODIUM CHLORIDE
- NO GLUTEN
- NO DRYING ALCOHOLS
- NO PHTHALATES
- NO MINERAL OIL
- NO PETROLATUM
- NO DYES
- NO FORMALDEHYDE

WOSB
NOT TESTED ON ANIMALS
100%
MADE IN THE USA

LUXEORGANIX
Brazilian Hair Residue
LUXEORGANIX
Brazilian Hair Residue

4. **Avoid Harsh Hair Care**

Products: Not only do you want to watch out for sulfates in your shampoo, but you also want to check to see if your hair styling products contain sulfates. Sodium Lauryl Sulfate is widely recognized as a culprit of not only causing dry, brittle hair, but it also can lead to itchy, flaky, irritated

scalp; dull, lifeless hair; frizz; volume and manageability issues, let alone other health concerns. Another issue with sulfates is that they fade color. So if you're color-treating your hair and using sulfate-based products, you may be decreasing your colors vibrance and longevity. Using products with drying alcohols and detergents will also cause problems. If you find that you have styling products with these ingredients, consider finding healthier alternatives that provide you with the same results. It may take some experimenting to find a permanent replacement, but your hair will thank you for it (and so will your body).

5. **Give Your Hair a Break From Shampoo:** You may have already heard from your stylist that “you shouldn’t wash your hair everyday,” and that you should give yourself at least a day off in between shampooing. This is something you may or may not already be doing; however, if for whatever reason this strategy isn’t a good fit for you, here’s another alternative (or even an additional bonus to consider adding if you have extremely dry or brittle hair). It’s called, “co-washing.” Maybe you’ve heard of it? The



idea is to stretch out your shampoo days by exchanging it with a formulated cleansing conditioner, sometimes referred to as “co-wash” or “no-poo” (no shampoo). This can give your hair a break from shampooing, which when used frequently, has a tendency to over-strip your hair of it’s good oils. Learn more about Co-Washing with our [Refreshing Mint CoWash Cleansing Conditioner here](#).

"Day Off From Shampooing" Cleansing Alternative Gently Removes Surface Impurities In One Step

Co-washing (conditioner washing) is the recommended way to keep hair clean in between actual washing. Instead of using shampoo conditioner is used to wash the hair. Gently cleanses, detangles and helps hair maintain moisture in the cortex and on the surface, leaving hair more pliable, shiny, vibrant, stronger and thicker. circulation for

6. **Don't Procrastinate on Getting Your Hair Cut:** You probably have heard that regular hair cuts are important to remove the battered, split ends of your hair. Different factors, such as your hair length, if you chemically treat your hair, or if you're growing your hair out, will impact the amount of time you should plan between cuts. Your hair stylist should be able to tell you how often you should have your hair trimmed based on your unique situation. (But if it's been over 3 months - you're overdue!) A good rule of thumb for short hair is 4-8 weeks, 6-12 weeks for

mid-lengths, and at least 8-12 weeks for long hair. You'll want to trim more frequently if you're dealing with damaged hair (such as split ends), and less frequently if you're trying to grow your hair out. On the other hand, if you have already been getting your hair cut regularly, *it may be time for a major cut*. A major cut sometimes is what will make all the difference. Several years ago I decided to cut off 11 inches, since my hormone issues had been overcome and my new hair was much healthier. Unfortunately the bottom part of my hair still showed the effects of the damage from my hormone imbalance (my ends were sparse, thin and brittle, and didn't match the top, new healthy part of my hair). Since I lopped off those 11 inches, I've averaged 6-8 weeks between my trims. My hair has never looked better and I am regularly complimented on it.

- 7. Regular Deep Conditioning:** Add a hair mask to your hair care regimen. Whether you use an inexpensive DIY (Do-It-Yourself) home remedy, such as a Coconut Oil based hair mask, or a healthy, organic based hair mask that you purchase, using a hair mask regularly, combined with your Biotin Hair Rescue Shampoo and Conditioner, could make all the difference in bringing your hair back to its once healthy, vibrant self. (Check out our [LuxeOrganix Deep Conditioner Hair Mask](#) that deeply penetrates to strengthen, repair and grow healthy hair.)

Now, how often should you use a hair mask? It's going to be different for you, just as it is different for everyone. Try experimenting with once or twice a month, and then if your hair isn't feeling any difference, increase the frequency (or allow the conditioner to soak in for longer periods while you shower the rest of your body). The health of your hair will determine the frequency, so it really does depend on your unique situation, so don't be afraid to experiment...or alternatively, [reach out to us](#) for personalized attention and advice!



- 8. Hormones, Illness or Nutritional Deficiencies:** Let's be honest - most of us are affected in some way or another by our hormones, let alone dealing with illness and probably more commonly, we are dealing with nutritional deficiencies and may not even be aware of it and how it is impacting the health and appearance of our hair. Hormone issues, for example, can cause sudden hair loss for many women, as well as cause the hair to be malnourished, and therefore lack luster and be susceptible to dryness and

breakage. Hormone imbalance in estrogen and testosterone are just a few examples that can cause hair woes. Insulin imbalance also has a negative effect on hair. If you are using high quality hair care products and being very nurturing to your hair, getting your glucose and hormones (such as estrogen, testosterone, & thyroid) levels checked may give you a better understanding of what is at the root of your problem. Additionally, you can take charge immediately by eating clean and incorporating more fiber into your diet, which can help lower estrogen levels. Eating a high protein, low-glycemic carbohydrate diet with lots of vegetables has a positive impact on insulin resistance that may be contributing to the poor health of your hair. Stress and lack of essential vitamins also play a role, so it really is important to feed your body whole foods that are naturally loaded with vitamins, as well as to get enough sleep, and to learn what your body may be lacking so you can give it what it needs to thrive. A Functional Health Practitioner or holistic health care professional can be a great resource for all of these concerns to help you achieve overall health for your hair and body.

Let's NOT Make This Too Complicated!

I realize you may be feeling a bit overwhelmed after reading through all of this information, so please let me try to help you put your mind at ease. Your hair didn't get to it's current state overnight, so expecting yourself to have perfect, healthy hair overnight isn't fair to expect from yourself. Yes, some of us have some work to do, but be gentle with yourself and give yourself time to explore what remedies will work best for you. Being focused and taking consistent action will always lead to results. I lost nearly 2/3's of the thickness of my hair, and struggled with thin, brittle ends for some time. Once I started chipping away and being intentional about my health, my hair and my life changed. Your goal absolutely is possible...go for it!

If there's anything we can do to help you with your journey, please don't hesitate to reach out to us! We are committed to you feeling beautiful, without sacrificing your health.

Have a lovely day!

Warmly,

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