



100% VEGAN  
HAIR CARE PRODUCTS

# ABBA True Shapes

## Ready-to-Wear Natural Beach Waves How-To

ABBA TRUE SHAPES HERBAL THERAPY ACID WAVE is formulated for normal, tinted hair or hair that is less than 40% highlighted.

### CLIENT CONSULTATION

1. Assess hair for texture, porosity, condition, chemical processing history, lifestyle, and medical history.
2. Discuss expectations with client. Determine if client is confident to move forward.
3. Test small section at the nape with one rod.

### INSTRUCTIONS

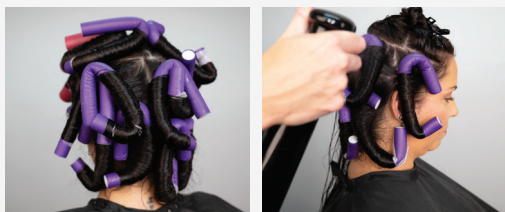
#### Step 1 - Pre-Treatment Shampoo

Gently cleanse with COLOR PROTECTION SHAMPOO + COLOR PROTECTION CONDITIONER (*Switch color duo with ABBA DETOX SHAMPOO for more resistant, one length or longer styles*). Towel dry and remove excess water. Mist with ABBA COMPLETE ALL IN ONE SPRAY and comb through.



#### Step 2 - Wrapping

Determine direction hair should move. Consider preferred placement of part. Place rods vertically to create beachy waves. Wrap front rods and top row away from the face, bottom row towards the face. Wrap crown section horizontally to give fine hair more volume. Wrap with even tension using larger rods and sections.



Maintain saturation by alternating water and ABBA Complete throughout process. DO NOT WRAP WITH WAVE LOTION. When finished, lightly mist hair with water THEN apply wave lotion.

#### Step 3 - Processing

Apply moisture conditioner around the hairline. Wrap twice with coiled cotton to catch drips.

To make wave lotion, mix small bottle (Part A) with large bottle (Part B) and shake for 15 seconds. Note: Part B = BLACK nozzle AND Neutralizer = WHITE nozzle. The neutralizer is to be used after processing. Apply wave lotion to top and bottom of each rod, saturating evenly. Repeat.



Carefully place plastic bag over rods and secure with clip to process. Set timer based on the following:



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Normal/Resistant Hair	15-20 min
Tinted Hair	10-12 min
Highlighted Hair	5-7 min



To test curl, unravel 1 ½ turns and check the twirl. Gently push the hair towards the head to see if an s-shape appears. If not, continue processing. One length or longer styles may need to process an additional 5 minutes in order to support longevity of the curl.



**Step 4 Rinsing**

Remove plastic bag and cotton. Rinse with warm, low-pressured water for 3-5 minutes for fine to medium lengths, 5-8 minutes for coarse, longer hair. Use towel and paper towels to gently remove excess water. After blotting, air dry for 5 minutes.



**Step 5 Neutralizing**

Reapply conditioner/cotton around hairline. Shake neutralizer and thoroughly saturate rods and process 5 minutes, then rinse thoroughly for 3 minutes before carefully removing rods.

**PRO-TIP**  
*Save some of the neutralizer to apply on areas not fully saturated.*

Gently blot the hair. Do not rub. Wrap-up your service with Moisture or Recovery conditioner, leave on hair 2 minutes. Gently massage scalp.

**STYLING**

Lift up and scrunch waves prior to styling. Mist the hair with ABBA COMPLETE ALL IN ONE. Use chart below for best product combinations based on medium and firm hold depending on your desired style to enhance curl, body and shine.



ABBA PRODUCT COMBINATIONS			
Moveable body/shine/volume/definition	Low Hold	Volume Foam	Volume Serum
Moveable body/shine/volume/definition	Medium Hold	Volume Foam	Style Gel
Amped volume/definition/shine/Lasting hold	Firm Hold	Volume foam	Curl Finish Spray
ADD IN'S			
Enhance shine/tame frizz/definition	Low Hold	Smoothing Blow Dry Lotion	
Amplify-hydrate curl/control frizz/definition	Medium Hold	Curl Prep Hair Spray	
Amplify curls/Long lasting hold	Firm Hold	Curl Finish Hair Spray	