

# Sensory pleasures

Words: Saroni Roy

It was drizzling and the weather was fine as I walked into the cozy, wood and beige, **Hakim's Aalim Hair & Tattoo Lounge** off the Carter Road sea face. Along with the cool and picturesque weather, the fine rain had brought in some frizz to my long and wavy hair! And here I was to indulge in the **Hair Spa by L'Oréal Professionnel** based on the **Sensory System** and the **Patented Polysorbate-21** technology, to treat my hair.

**Nida**, the hairstylist and hair spa therapist at the salon, scanned my scalp and hair condition to decide on the treatment for my hair. Since my hair was frizzy and my scalp had a few flakes of dandruff, the **Smoothing Treatment – the Smoothing Creambath + the Purifying Concentrate**, was the ideal mix to go for.

Here is a detailed step by step for the treatment by Nida:

**Step1:** After shampooing the hair begin with the head massage with the Purifying Massage Shampoo - starting at the nape of the neck to stimulate the muscles, nerves and blood vessels with the cushions of your fingertips, length of your fingers and the ball of your palm. Always confirm that the pressure you are applying is acceptable to the client.

**Step2:** Then move to the shoulder points and massage with your thumbs in rotating movements, to release the tension in the client's shoulders and arms. Massage the area around the shoulder blades and the sides of the torso, in wide circular movements, using the ball of your palm.

**Step3:** Next, work your way up the back, pressing your thumbs in rhythmic movements along both sides of the spine, until you reach the base of the neck. With gentle rotating movements of your thumbs along both sides of the neck bone move up to the occipital bone, to stimulate blood circulation to the scalp.

**Step4:** The client is now prepared for the application of the Hair Spa mix. Section the hair to reveal the scalp and apply the previously prepared Hair Spa mix of Creambath and Concentrate to the scalp only, using the brush provided.

**Step5:** Next, take another scoop of the Creambath and apply it, section by section, on the mid lengths and ends with the brush. On completing application, place both your thumbs at the crown and with the fingers around the hairline. Keeping the thumbs in place, move the fingers in a rotating movement around the hairline, down to the temples and above the ears.

**Step6:** Move the thumbs upward in a straight line from the nape of the neck to the Crown of the head. Using fingers along the centre parting of the head, massage gently, up to the hairline. This step should be repeated at least 4 times to ensure better absorption of oxygen from the blood, by the scalp cells.

**Step7:** Gently tilt the head of the client to one side, supporting it with one hand. With the palm of the other hand, move in rotating movements clockwise and anti-clockwise. Repeat on the other side. With one hand clasping the front of the head, and the other the nape of the neck, move both hands simultaneously, in spider web movement, up to the centre of the head. Repeat this step 4 times.

**Step8:** Finally, gently run your fingers through the lengths of the hair, in a downward movement. Steam or wrap the head in a hot towel for at least 10 minutes. Emulsify the hair using a little warm water. Rinse the product thoroughly from the hair and scalp. Wrap the hair in a clean towel and squeeze the excess moisture from the hair. Complete the service with the application of the Energising Scalp Lotion, a blow dry and styling. **SS**

