



VivaLoKs(TM) Aftercare Guide

Protecting Your Journey.

Congratulations on your new VivaLoKs(TM)! To support the health, beauty, and longevity of your loks, please follow these professionally recommended aftercare instructions carefully.

WAIT 2 WEEKS BEFORE SHAMPOOING

After your VivaLoKs(TM) installation, wait a full 2 weeks before shampooing. This allows your loks to set and prevents unraveling.

WASHING IS ESSENTIAL—START AFTER 2 WEEKS

Once the initial 2-week period has passed, regular washing becomes crucial to activate and support the locking process:

Please do not go beyond two weeks without washing your hair.

- Water helps your hair begin to lock, so consistent washing is necessary.
 - Wash your hair every 1 week if possible, or every 2 weeks.
 - Use a sulfate-free clarifying shampoo, such as **Paul Mitchell Shampoo Two**, diluted with water for gentle cleansing.
 - Always braid and bundle your loks before washing to protect the ends.
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GENTLE SHAMPOO TECHNIQUE

Use Lukewarm Water: Start by using lukewarm water. Hot water can strip your hair of natural oils and overly open the cuticle, while cold water may not rinse effectively.

Focus on the Scalp First:

- Direct the water flow to your scalp, where most product residue builds up.
 - Use your fingertips (never nails) to gently massage your scalp under running water to loosen shampoo and stimulate circulation.
 - Work from the front to the back of your head, ensuring thorough rinsing across your entire scalp.
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Work Down the Lengths:

- Let water flow down the length of your loks naturally.
- Gently squeeze sections of your hair to help release any lingering product.
- Use your fingers to glide from roots to tips.

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Rinse Until Water Runs Clear:

- Continue rinsing until the water is completely clear and free of suds or cloudiness.
- If you still see bubbles or feel a slippery texture, keep rinsing.

If Using Conditioner (only after loks mature):

- Rinse as above, but take extra care to remove all conditioner.
- Your hair should feel clean and smooth, not slippery or coated.

Optional Cool Rinse:

- Finish with a quick cool rinse to help close the cuticle and lock in moisture.

Signs of Improper Rinsing:

- Hair feels greasy or heavy, even after drying
- Hair looks dull or coated
- Scalp feels itchy or irritated
- White flakes may appear (often dried product, not dandruff)

DRYING MATTERS

Avoid Sleeping with Wet Loks: Can cause mildew, musty smell, and frizz.

Thoroughness Is Key: Loks retain moisture. Even if they feel dry outside, the inner core may be damp.

Minimize Heat: Air drying is best. Excessive heat can loosen new or budding VivaLoKs.

No Rubbing or Rough Toweling: Use a microfiber towel or cotton t-shirt to gently blot.

Step-by-Step Drying:

- Gently squeeze water out while still in the shower.
- Wrap with microfiber towel or t-shirt to absorb moisture.
- Let hair air-dry thoroughly. Start in the morning if possible.
- Separate bundles slightly as they begin to dry.
- Use hooded dryer on low/medium only if necessary.
- Use a handheld dryer only with a diffuser on cool/low.

Important:

- Ensure scalp is fully dry.
- Newer Loks are more fragile and prone to slippage.
- Always protect dry loks at night with a satin/silk scarf, bonnet, or pillowcase.

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SCALP CARE & HYDRATION

Why Your Scalp Might Be Dry:

- Lack of moisture retention
- Product buildup
- Incomplete rinsing or harsh shampoos
- Dry climate, dehydration, or poor diet

How to Treat It:

- Hydrate first with plain water or water-based product (e.g., Camille Rose Rosemary Water)
- Mist your scalp daily or every other day
- Apply a few drops of lightweight oil like MIELLE Rosemary Mint Oil using an applicator bottle
- Massage gently. Avoid overuse of oil

Key Reminders:

- Drink plenty of water
 - Avoid heavy products
 - Consult a dermatologist for persistent or severe issues
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PROTECT FROM EXCESSIVE MOISTURE

- Avoid soaking until fully mature
 - Wear a snug swim cap when swimming
 - Cover in rain or high humidity
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TRUST THE PROCESS

- Frizz, shrinkage, and soft areas are normal
 - Maturing takes time—be patient
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AVOID TIGHT HAIRSTYLES

- Avoid tension on roots and edges
 - Choose gentle styles (e.g., perm rods for versatility)
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REGULARLY INSPECT YOUR LOKS

- Watch for buildup or thinning
- If you notice concerns, contact the studio. Do not attempt DIY fixes
- At that regular rate, retightening sessions are crucial to identify and address any unforeseen concerns before damage occurs



HEALTHY HABITS = HEALTHY LOKS

Stay hydrated

Eat a nutrient-rich diet

Your hair health starts from within

WEATHER AWARENESS

Always protect your hair in the rain or high humidity

♥ **YOUR SUCCESS IS OUR PRIORITY:** By following these care guidelines, you're setting your VivaLoKs(TM) journey up for lasting beauty and strength.

Note: Unauthorized manipulation, retightening, or product use may compromise your results and void studio support.

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