

ALWAYS BE COLOUR SAFE  
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# GARNIER NUTRISSE

## PERMANENT NOURISHING HAIR COLOUR CRÈME

For the best results, take the time to read the instruction leaflet before getting started

### ! SAFETY INSTRUCTIONS: READ BEFORE USE

THIS PRODUCT IS NOT INTENDED FOR USE ON PERSONS UNDER THE AGE OF 16.

**IT IS ESSENTIAL THAT YOU ALWAYS PERFORM AN ALLERGY ALERT TEST 48 HOURS BEFORE EACH USE OF THIS PRODUCT, AS AN ALLERGY CAN DEVELOP SUDDENLY, EVEN THOUGH YOU HAVE PREVIOUSLY USED A HAIR COLOURANT OF THIS OR ANY OTHER BRAND.**

**IMPORTANT: HAIR COLOURANTS CAN CAUSE AN ALLERGIC REACTION WHICH IN CERTAIN RARE CASES MAY BE SEVERE. THEREFORE TO HELP REDUCE THE RISK OF AN ALLERGIC REACTION, IT IS ESSENTIAL TO FOLLOW THE PRECAUTIONS BELOW:**

Temporary black henna tattoos may increase your risk of allergy.

**DO NOT COLOUR YOUR HAIR IF :**

- you have a rash on your face or sensitive, irritated and damaged scalp.
- you have ever experienced any reaction after colouring your hair.
- you have experienced a reaction to a temporary black henna tattoo in the past.

#### How to perform THE ALLERGY ALERT TEST

- Remove earrings. Behind the ear and using a cotton-bud, apply a small quantity of unmixed colourant (Nourishing Colour Crème Tube (B)) sufficient to cover an area of 1 to 2 cm<sup>2</sup> (e.g. the size of a small coin). Re-apply allowing it to dry between applications. Carefully reseal the colourant tube and keep it for the application 48hrs later.



- Leave for 48 hours without washing, covering or touching.

If during this period you notice any abnormal reactions, such as itching, redness or swelling in or around the test area, **DO NOT APPLY THE PRODUCT**

#### SPECIAL PRECAUTIONS

**IN CASE OF A REACTION DURING THE APPLICATION** such as intense stinging, irritation, rash or burning sensation on the scalp, rinse immediately and discontinue use. If you experience shortness of breath, seek immediate medical attention.

Before colouring your hair again, consult a doctor.

**IF, DURING THE DAYS FOLLOWING APPLICATION,** itching, redness or spots on the scalp or skin occurs, swelling of the eyes and/or face, blisters or oozing of the scalp and/or skin occurs, it is recommended that you consult a doctor.

- **Keep out of reach of children**
- Avoid contact of the product with skin and eyes. Do not use to dye eyelashes or eyebrows.
- Rinse eyes immediately and thoroughly if product comes into contact with them. If you wear contact lenses, take them out before rinsing your eyes thoroughly with water.
- Wear the gloves supplied in the carton.
- Rinse hair well after application.
- Prepare and apply the mixture in a well-ventilated area.
- Do not inhale or ingest
- For all questions concerning your individual sensitivity, consult your doctor.
- Do not use to dye a beard or moustache or for any other purpose than colouring your hair. Avoid any unnecessary contact with the skin.
- Wait at least 2 weeks after using a relaxer, a perm or a straightening process on the hair before applying this colourant.
- Do not use if your hair has been coloured with henna or with a progressive hair colourant.

## FOLLOW THE INSTRUCTIONS FOR USE

### In this pack you'll find



## STEP 1 Get ready : prepare and mix up your colour.



- Protect your shoulders from any splashes with an old towel.
- Put on your gloves.
- **UNSCREW** the cap from the applicator bottle (A).
- **OPEN** the Colour Crème tube (B) and **PIERCE** the seal using the sharp point in its cap.
- **SQUEEZE** the entire contents of the Colour Crème tube (B) into the applicator bottle (A).



- **RESCREW** the cap of the applicator bottle (A) back on and **SHAKE** the mixture vigorously for 30 seconds to ensure an even mixture.



- **SNAP OFF** the tip of the applicator immediately after mixing to avoid the bottle bursting and damage from the product overflowing

Turn over this leaflet to get going !





## STEP 2 Apply : on dry, unwashed hair and smell the fresh and fruity fragrance !



### Option 1 : Whole Head

#### Choose this if you :

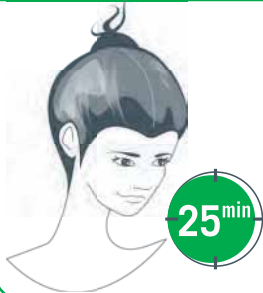
- Haven't coloured your hair for more than 3 months
- Are colouring your hair for the first time
- If your hair is currently coloured in a darker shade and you wish to go lighter or more vibrant, first use Garnier Nutrisse Truly Blonde Pre-lightener.
- If your hair is currently coloured in a lighter shade and you wish to darken your hair, select a colour that is only one shade darker to avoid an uneven result.



- Keep your gloves on.
- Apply using the applicator bottle (A).
- Begin with your roots, using the bottle to separate the hair section by section.
- If any colour gets on your skin, wipe away with a damp towel.



- Keep your gloves on.
- Apply throughout the lengths and ends.
- Massage well into the hair to ensure the colourant is evenly spread.



- Leave to develop for **25 minutes**.
- If you have lots of greys or have resistant hair, leave for **35 minutes**.
- The mix will darken over time, do not worry.

### Option 2 : Touch Up Roots

#### Choose this if you :

- Regularly colour your hair (every 4-6 weeks) and want to cover up your roots
- If you're staying close to your previous colour



- Keep your gloves on.
- Apply using the applicator bottle (A).
- Apply to your roots, using the bottle to separate the hair section by section.
- If any colour gets on your skin, wipe away with a damp towel.

15 min

- Leave to develop for **15 minutes**.
- If you have lots of greys or have resistant hair, leave for **25 minutes**.



- Keep your gloves on.
- Apply throughout the lengths and ends.
- Massage well into the hair to ensure the colourant is evenly spread

10 min

- Leave to develop for **10 minutes**.

**Never keep any unused mixture. Dispose of it immediately to avoid the bottle bursting and damage from the product overflowing.**

## STEP 3 Rinse and condition : and see your radiant new colour.

### Rinse



- After the development time, keep your gloves on.
- Apply a little water to your hair and gently massage to emulsify the colourant.
- Rinse thoroughly until the water runs clear. Pay particular attention to your hairline and behind your ears!

### Condition (C)



- Apply a generous amount of Colour Nourishing Conditioner.
- Relax for 2-3 minutes while the Conditioner penetrates your hair.
- Rinse thoroughly.
- Keep the Conditioner for 2 more Colour Nourishing treatments to keep your hair feeling silky-soft and nourished.

leave for 2-3 min



**GARNIER**  
**NUTRISSE**  
Crème

**save 50p**  
Nutrisse Crème range

Present this voucher at the till

**TO THE CONSUMER:** This coupon entitles you to 50p off your next purchase of any products in the **GARNIER NUTRISSE range** (excluding Nutrisse Ultra Colour and Nutrisse Nourishing Foam). Only one coupon may be used per product purchased, at participating stores in the UK & ROI only. This coupon is not to be used in conjunction with any other offer and cannot be exchanged for cash. Valid until 30.12.2015.

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**PROMOTER:** Garnier, a trading division of L'Oréal (UK) Limited, 255 Hammersmith Road, London W6 8AZ. **NCH:** 1214-00174



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