




Pantene's 3-Minute Miracle Regimen

While most people think that intensive treatments are only applicable to long hair, the amount of styling stress and frequency of exposure to coloring and chemical treatments play an equally important part in determining how much intensive treatment one's hair requires.

	Hair Length		
DAMAGE LEVEL	Short 	Medium 	Long 
No *chemical treatments	Naturally dry hair: treatment tub once per month Naturally moisture-balanced hair: treatment tub once every 2 months	Naturally dry hair: treatment tub once every fortnight Naturally moisture-balanced hair: treatment tub once per month	Naturally dry hair: treatment tub once every fortnight, focusing specifically on ends Naturally moisture-balanced hair: treatment tub once every fortnight
Low damage Hair has had a single chemical treatment (no further treatments until it has grown out)	Naturally dry hair: treatment tub once every fortnight Naturally moisture-balanced hair: treatment tub once per month	Naturally dry hair: treatment tub once a week Naturally moisture-balanced hair: treatment tub once a fortnight	Naturally dry hair: treatment tub once or twice a week, focusing specifically on ends Naturally moisture balanced hair: treatment tub once a week, with special attention at the ends of hair
Moderate damage Semi regular (every 2-6 months) chemical treatments	Naturally dry hair: treatment tub once a week Naturally moisture-balanced hair: treatment (tub)once every fortnight	Naturally dry hair: 3-Minute Miracle ampoule once a week Naturally moisture-balanced hair: 3-Minute Miracle ampoule once a fortnight	Naturally dry hair: 3-Minute Miracle ampoule once a week with special attention at the ends. Treatment (tub), as often as needed Naturally moisture-balanced hair: 3-Minute Miracle ampoule once a week with special attention at the ends. Treatment (tub), as often as needed
Severe damage Regular (every 4-6 weeks) chemical treatments	All hair types: Use 3-Minute Miracle ampoule once a week and more often in the week following a chemical treatment	All hair types: Use treatment tub every time after shampooing and conditioning, and replace once a week with 3-Minute Miracle ampoule. Use 3-Minute Miracle ampoule more often in the week following a chemical treatment	



*Chemical treatments refer to rebonding or permanent straightening; perming; oxidative or permanent coloring; bleaching.