



THE HEALTHY HYGGE'S  
OLAPLEX  
GUIDE

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# OLAPLEX.

## TOPICS TO BE DISCUSSED:

What is Olaplex?

Who should use Olaplex?

How to use Olaplex properly?

Can Olaplex damage hair?

Contact Us





# WHAT IS OLAPLEX?

Olaplex is a multi-step hair-care system that permanently restores damaged hair by repairing it from the inside out using their patented ingredient, Bis-Aminopropyl Diglycol Dimaleate. Each of the Olaplex products contains varying amounts of this unique active ingredient. Steps 0, 2, 3, 4, 4b, 5, 6, 7 and 8 were created for at-home use, whereas steps 1 and 2 must be administered by salon professionals.



# WHO SHOULD USE OLAPLEX?

WHAT MAKES THE OLAPLEX  
SYSTEM SO POPULAR IS THAT  
IT WORKS WELL WITH ALL  
HAIR TYPES AND TEXTURES.



# HOW TO USE OLAPLEX



# OLAPLEX NO. 0



## WHAT IS IT?

A bond builder.

## WHAT EXACTLY DOES IT DO?

No. 0 primes the hair for maximum absorption of Olaplex No 3 (the next step in the at-home system). It contains the highest concentration of Olaplex's patented molecule, Bis-Aminopropyl Diglycol Dimaleate, within the Olaplex retail product line-up. No. 0 is formulated to intensify the No. 3 treatment, strengthen and repair hair from chemical, thermal, mechanical, and environmental damage.

## TIPS FOR USE:

Layer a generous amount of Olaplex No. 3 on top of the No. 0 and rinse off after 10 minutes.

# OLAPLEX NO. 1



## WHAT IS IT?

The first step of the in-salon treatment - a preparation step.

## WHAT EXACTLY DOES IT DO?

No. 1 is a concentrated first salon step that rebuilds broken bonds and begins the process of preventing damage and repairing hair. No.1 is meant to help mitigate damage during the color, lightening and relaxing process, however it cannot stop all damage, which is why it's vital that it always be followed with step No. 2.

## TIPS FOR USE:

DO NOT attempt to use this at home. This is for professional salon use ONLY.

# OLAPLEX NO. 2



## WHAT IS IT?

The second step of the in-salon treatment - a bond multiplier.

## WHAT EXACTLY DOES IT DO?

No. 2 is applied at the shampoo bowl in the salon. No. 2 continues to rebuild and restore any remaining broken bonds after use of No. 1, and it works to find more single sulfur hydrogen bonds and crosslinks them back together **WITHOUT** chemicals working against it.

## TIPS FOR USE:

**DO NOT** attempt to use this at home. This is for professional salon use **ONLY**.



# OLAPLEX NO. 3



## WHAT IS IT?

Hair perfecting treatment.

## WHAT EXACTLY DOES IT DO?

No. 3 is applied before your shampoo and conditioner. It is an at-home treatment, not a conditioner, that reduces breakage and visibly strengthens hair, improving its look and feel. It claims to restore your hair's healthy appearance and texture by repairing damage and protecting hair structure.

## TIPS FOR USE:

Use 1x a week - apply 3 teaspoons to dampened hair and comb through evenly. Leave on for 10-30 minutes, rinse, then shampoo/condition as normal.

# OLAPLEX NO. 4



## WHAT IS IT?

Bond maintenance shampoo.

## WHAT EXACTLY DOES IT DO?

No.4 is a highly moisturizing, reparative shampoo that is said to leave hair easy to manage, shiny, and healthier with each use. This shampoo repairs and protects hair from everyday stresses—including damaged hair, split ends, and frizz—by re-linking broken bonds.

## TIPS FOR USE:

Use in place of your regular shampoo, at least 1x per week and up to as many as 1x per day.

# OLAPLEX NO. 4P



## WHAT IS IT?

Blonde Enhancer Toning Shampoo

## WHAT EXACTLY DOES IT DO?

No. 4p is a highly concentrated purple shampoo, said to cleanse, tone, and repair while keeping hair hydrated from roots to ends. It has a sulfate-free formula that neutralizes brassiness and boosts brightness after one use for all blonde, lightened, and grey hair.

## TIPS FOR USE:

Use 2-3 times per week or as often as needed to neutralize unwanted brassiness. Apply to wet hair, lather fully, and let process.

# OLAPLEX NO. 5



## WHAT IS IT?

Bond maintenance conditioner.

## WHAT EXACTLY DOES IT DO?

No. 5 is a highly-moisturizing, reparative conditioner that protects and repairs damaged hair, split ends, and frizz by re-linking broken bonds. It is free from DEA , Aldehydes and Formaldehyde.

## TIPS FOR USE:

After using No.4, apply a generous amount from scalp to tip (or mid-shaft to tip if you have naturally oily hair). Leave on for three minutes, then rinse.

# OLAPLEX NO. 6



## WHAT IS IT?

Bond smoother.

## WHAT EXACTLY DOES IT DO?

No. 6 is a highly concentrated leave-in smoothing cream. It is said to strengthen, moisturize, speed up blow-dry times, and eliminate frizz and flyaways for up to 72 hours

## TIPS FOR USE:

Use after each wash, or as needed for styling. Apply product to damp hair from mid-shaft to the ends.

# OLAPLEX NO. 7



## WHAT IS IT?

Bonding oil.

## WHAT EXACTLY DOES IT DO?

No. 7 is a highly-concentrated, weightless reparative styling oil. It is said to dramatically increase shine, softness, and color vibrancy, minimize flyaways and frizz, and provide UV/heat protection of up to 450°F/232°C.

## TIPS FOR USE:

Add a few drops to hair - can be used daily on wet and dry hair, or before styling with heat.

# OLAPLEX NO. 8



## WHAT IS IT?

Bond intense moisture mask

## WHAT EXACTLY DOES IT DO?

No. 8 is a 4-in-1 restorative mask that promises to provide hair with intense moisture, add volume, smoothness, body and shine.

## TIPS FOR USE:

Use weekly for best results. Apply to clean, damp hair and work through with fingers.



# CAN OLAPLEX DAMAGE HAIR?

ACCORDING TO OLAPLEX'S WEBSITE & MANY STYLISTS WHO SWEAR BY THE PRODUCTS, THE ANSWER IS NO.

However, I received hundreds of DMs and comments from women telling me their hair was completely destroyed by Olaplex. Although it was hard to find any definite information online on the topic, check out [this thread](#) and [this thread](#), and the reviews [here](#) for other users input who had similar negative experiences. I cannot absolutely say whether Olaplex damages hair or not, but hope I provided you with enough information to make your own decision on whether or not its worth it for you to try out this line.



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