



SIMPLY
ORGANIC®

[ga·lè·ni·ca]
Scalp Care

Customized. Vegan. Waterless.

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From Galen to Simply Organic

In ancient Greek and Roman medicine, Galen, influenced by the goddess Gaia, became one of the greatest doctors of all time. He was the first to use nature's gifts to create more effective medical cures. He introduced the use of phytotherapy preparations to explain disease in a natural, rational way, applying his knowledge clinically to diagnose and cure illnesses by observing the symptoms. He also created 'galenic formulations', personalized phytotherapy compounds of phytotherapy agents extracted using skilful methods to release the properties and effectiveness of active ingredients in plants. Together with Hippocrates, Galen wrote 108 official works.

But what would they have been like if he had also developed six specific ones for hair?

Galénica

Inspired by Galen, our experts created "Galenica"; a highly professional and personalized series of treatments capable of restoring the scalp's health, and consequently, the shine and health of the hair - all while respecting their **NATURAL** balance.

Galenica consists of natural organic and **100% VEGAN** products that contain active ingredients obtained with today's most advanced technologies. **FERMENTED OILS** and pollution-free **UPCYCLED** solutions complete the formulas, improving the effectiveness of the products while protecting the ecosystem.

WATERLESS condensation is a fundamental element in our products as it combines sustainable water use, practicality, and hyper concentrated products to optimize our formulation while helping the ecosystem.

With more than 97% natural and **ORGANIC** ingredients, Galencia replaces harsh chemicals with delicate plant extracts that prioritize incredible results for the client, without sacrificing their health, or yours.



upcycling



100% vegan



waterless



fermented oils



The Method

The Galenica Scalp Diagnosis and Treatment Method is based on a scientific diagnosis of the health of the hair and scalp to create personalized treatments. This method guarantees greater effectiveness and creates a holistic experience, making the hair stylist a reliable consultant in both hair and scalp care for the customer from the first step in the salon to the consultation with an expert trichologist, if necessary.

Galenic Procedures In Scalp Care

Galenic procedures are a fundamental guide for hair stylists who want to enter the world of scalp care with a highly advanced scientific method and a particular focus on individual well-being.

The first goal is to make an accurate diagnosis based not only on what can be seen (visual diagnosis), but also on how the customer experiences and reports symptoms of the issue (customer feedback). Once the dosage and application is understood a truly 'personalized recipe' can be created for each case and need.

The Galenic method follows just a few simple steps:

1. Visual Diagnosis

To start a perfect scalp analysis, separate the hair into four sections (one in the center, one on each side, and at least two above the nape) and check if the entire scalp shows any issues (e.g. baldness, excessively fine hair, dandruff flakes, irritation, excess sebum, etc.). Once the main issue has been identified, check to see if there are other related secondary conditions that may be the cause. For example, in the event of hair loss, the following may also be seen:

- lack of microcirculation: the scalp tends to white or pink
- excess sebum: easily recognized due to the presence of yellow spots
- hyperhidrosis: easily recognized- The scalp becomes whitish, loses its natural balance, and becomes dull and sweaty, causing unsightly effects, inflammation, and peeling skin. The accumulation of excess sweat may also cause persistent itching and the scalp may smell bad.
- sensitive scalp: easily recognized due to red, peeling skin
- dandruff: easily recognized due to the presence of yellowish (oily dandruff) or silvery-grey (dry dandruff) crust

2. Verbal Diagnosis (Customer Feedback)

Ask the customer specifically how/when the issue began in order to obtain as much detail as possible.

Following the example above (hair loss):

Questions:

- When did your hair start to fall out? Does a lot of hair fall out when you wash it?
- Do you wake up with greasy hair?
- Does it itch during the day and/or have you noted any redness?
- Do you sweat excessively during the day, even when you are not physically active?

3. Choice Of Treatment

Based on the visual and verbal information obtained, the hair stylist decides which Galenic treatment to apply. STANDARD cases are shown below for reference. The hair stylist 'creates' the right combination using different treatments in a single application to personalize each service, optimizing it and making it even more effective.

4. Application

See Page 12 and beyond for full application.

5. Advice For Hair Care At Home

Hair care at home is essential for the success of the treatment. The hair stylist will therefore suggest which products to purchase (retail) based on the treatment provided at the salon.

Re-Juva Base Hair and Scalp Olive Pearls

PRE-TREATMENT SCALP SCRUB

This ultra-moisturizing mud gel is composed of powerful minerals that regenerate and strengthen hair from the inside out, restoring sebaceous cutaneous balance.

pH 3.0 – 4.0

262 ml



key ingredients

FERMENTED ALOE EXTRACT
MANUKA OIL
BLACK PEPPER SEED EXTRACT
MAGNOLIA BARK EXTRACT

benefits

- Restore sebaceous cutaneous balance
- Minimizes the appearance of dandruff and oil
- Improves the function of the skin barrier
- Balances the skin's hydration

how to use

Distribute the scrub evenly on wet hair and scalp. Massage gently to release the microencapsulated olive oil. Leave on for 5 to 7 minutes and rinse thoroughly.

Re-Juva Base Hair and Scalp Wash

HYDRATING SHAMPOO

Designed with a unique waterless formula, this sulfate-free plant-based shampoo gently cleanses the hair and scalp, leaving it hydrated, nourished, and shiny.

pH 4.0 – 5.0

251 ml | 500 ml



key ingredients

FERMENTED ALOE EXTRACT
MANUKA OIL
BLACK PEPPER SEED EXTRACT
MAGNOLIA BARK EXTRACT

benefits

- Gently cleanses the scalp and hair
- Promotes bright and shiny hair
- Infuses intense hydration and nourishment

how to use

To 10ml of the pre-mixed mask, add 2ml of your desired nectar. For a more intense effect, apply to wet or towel-dried hair. Leave it on for 10 to 12 minutes and rinse thoroughly. For home use, apply to wet hair and gently massage into the hair and scalp. Rinse thoroughly and repeat if necessary.

Re-Juva Base Hair and Scalp Treat

RESTORATIVE CONDITIONING
TREATMENT

This deeply restorative and concentrated treatment infuses the hair and scalp with hydration that leaves locks soft, shiny and detangled.

pH 3.0 – 4.0

251 ml | 500 ml



key ingredients

FERMENTED ALOE EXTRACT
MANUKA OIL
BLACK PEPPER SEED EXTRACT
MAGNOLIA BARK EXTRACT

benefits

- Deeply nourishing and restorative for the hair and scalp
- Promotes a healthy softness and shine
- Prevents excessive dryness
- Increases hair's manageability

how to use

To 10ml of the pre-mixed mask, add 2ml of your desired nectar. For a more intense effect, apply to wet or towel-dried hair. Leave it on for 10 to 12 minutes and rinse thoroughly. For home use, apply the mask to wet or towel-dried hair, leave on for 10-12 minutes, and rinse thoroughly.

Re-Juva Remedy Scalp Cream

INTENSE PROTECTIVE SCALP
TREATMENT

The anti-inflammatory formula
soothes the scalp of excess redness,
itching, and irritations.

pH 3.5 – 4.5

75 ml



key ingredients

ZANTHOXYLUM BUNGEANUM FRUIT
EXTRACT
MALTODEXTRIN
ALOE VERA JUICE EXTRACT
MAGNOLIA BARK EXTRACT

benefits

- Soothes and protects the scalp
- Relieves redness, itching, and irritation
- Can be used pre- or post-treatment

how to use

Apply directly on sensitive areas, massage in, and leave on without rinsing. This product can be used pre-treatment or post-treatment to eliminate itching, redness, and irritation. It can also be added to color or bleach treatments to protect the scalp.



109 Energizing Nectar

INTENSIVE HAIR LOSS TREATMENT

pH 4.5 – 5.0 / 50 ml

benefits

- Strengthens the hair bulb
- Increases blood microcirculation in the scalp
- Stimulates the dermal papilla

key ingredients

FERMENTED REISHI MUSHROOM
FRUIT GRAPE STEM CELLS
HYDROLYZED ROCKET SALAD LEAVES
HYDROLYZED WALNUT FRUIT



110 Volume & Tonic Nectar

INTENSIVE HAIR THINNING TREATMENT

pH 4.5 – 5.0 / 50 ml

benefits

- Strengthens the hair root
- Promotes a thicker appearance
- Infuses strands with health and vigor

key ingredients

LINDEN BARK EXTRACT
HYDROLYZED CHESTNUT EXTRACT
NIACIN
BIOTIN

how to use nectars

Mix 2ml of nectar with 10ml of the Re-Juva Wash and the Re-Juva Treat, let sit for 10-12 minutes and rinse thoroughly. For a more intense treatment after the Re-Juva Treat, apply a few drops of nectar directly to the scalp and massage for maximum absorption. Do not rinse. For home use, spray the concentrated nectar directly on the scalp and massage to improve absorption. Do not rinse.



111 Purifying Dandruff Nectar

INTENSE PURIFYING TREATMENT

pH 4.5 – 5.0 / 50 ml

benefits

- Purifies the hair and scalp
- Removes oily and dry dandruff from the scalp
- Restores hair's natural shine

key ingredients

SALICYLIC ACID
SARCOSINE
NIACIN
AMYLOPECTIN



112 Hyperhydrosis Nectar

INTENSIVE HYPERHIDROSIS TREATMENT

pH 4.5 – 5.0 / 50 ml

benefits

- Balances the scalp's microbiota
- Restores the skin to a neutral state
- Helps decrease excess sweating

key ingredients

ORANGE FLOWER EXTRACT
MANUKA OIL
BLACK PEPPER SEED EXTRACT
MAGNOLIA BARK EXTRACT

how to use nectars

Mix 2ml of nectar with 10ml of the Re-Juva Wash and the Re-Juva Treat, let sit for 10-12 minutes and rinse thoroughly. For a more intense treatment after the Re-Juva Treat, apply a few drops of nectar directly to the scalp and massage for maximum absorption. Do not rinse. For home use, spray the concentrated nectar directly on the scalp and massage to improve absorption. Do not rinse.



113 Balancing Nectar

INTENSIVE BALANCING TREATMENT

pH 4.5 – 5.0 / 50 ml

benefits

- Balances the scalp's oil production
- Purifies and sanitizes
- Restore scalp to its optimal condition

key ingredients

EPILOBIUM FLEISCHERI EXTRACT
LAVENDER FLOWER EXTRACT
GRAPE FRUIT EXTRACT
GINGER ROOT EXTRACT



114 Sensitive Nectar

INTENSE SENSITIVITY TREATMENT

pH 4.5 – 5.0 / 50 ml

benefits

- Soothes the skin, reducing irritation
- Restores the functionality of the scalp
- Promotes healthy growth

key ingredients

FERMENTED OAT EXTRACT
LINDEN FLOWER EXTRACT
SAGE LEAF EXTRACT
ROSEMARY LEAF EXTRACT

how to use nectars

Mix 2ml of nectar with 10ml of the Re-Juva Wash and the Re-Juva Treat, let sit for 10-12 minutes and rinse thoroughly. For a more intense treatment after the Re-Juva Treat, apply a few drops of nectar directly to the scalp and massage for maximum absorption. Do not rinse. For home use, spray the concentrated nectar directly on the scalp and massage to improve absorption. Do not rinse.

The Treatments

	Hair Loss	Light Seborrhoea	Severe Seborrhoea	Light Hyperhydrosis	Severe Hyperhydrosis	Light Sensitive Scalp	Severe Sensitive Scalp	Dry Dandruff	Oily Dandruff
Re-Juva Base Hair and Scalp Olive Pearl	10/20 ml	10/20 ml	10/20 ml	10/20 ml	10/20 ml			10/20 ml	10/20 ml
Re-Juva Base Hair and Scalp Wash	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps
Re-Juva Base Hair and Scalp Treat	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps	5 pumps
CIX. (109) Energizing Nectar	20 drops in wash + 20 drops in treat								
CIX. (110) Volume & Tonic Nectar	20 drops in wash + 20 drops in treat								
CIX. (113) Balancing Nectar		20 drops in wash + 20 drops in treat	40 drops in wash + 40 drops in treat						
CIX. (112) Hyperhidrosis Nectar				20 drops in wash + 20 drops in treat	40 drops in wash + 40 drops in treat				
CIX. (114) Sensitive Nectar						20 drops in wash + 20 drops in treat	40 drops in wash + 40 drops in treat		
CIX. (111) Purifying Nectar								40 drops	
Re-Juva Remedy Scalp Cream									40 drops in wash + 40 drops in treat

Galenica: Hair Loss Treatment

Hair Loss:

Many factors may contribute to hair loss. One may be the lack of blood circulation in the scalp and an increased production of stress hormones such as cortisol, which may influence hair growth. Diet also plays an important role in the health of one's hair. An unbalanced diet deficient in vitamins and minerals may negatively influence the growth and health of one's hair. In particular, a lack of iron, B vitamins, and vitamin D may be associated with hair loss. Some autoimmune diseases and scalp infections may also be contributing factors.

The use of unsuitable hair products may damage the hair and its health. For example, the use of aggressive chemicals such as hair dyes, permanents, and straighteners may damage the hair and its structure increasing the risk of hair loss.

Different options are available for treating hair loss, including medications, topical treatments, hair transplants, and laser therapy. The choice of treatment depends on the cause and severity of the hair loss. We always recommend clients seek a clinical diagnosis from a licensed physician if they are experiencing hair loss.

The Treatment:

The Galenica Hair Loss Treatment was formulated with fermented oils and 97% plant-derived organic ingredients designed to treat all causes of hair loss by:

- Inhibiting the fifth alpha reductase
- Stimulating blood microcirculation
- Strengthen new hair growth
- Stimulate dermal papilla to avoid rupture and hair loss

Products Needed:



Application

- ① Divide dry hair* into sections.
- ② Apply REJUVA BASE Hair And Scalp OLIVE PEARL as necessary, about 10/20 ml
- ③ Massage gently over the entire scalp with circular movements to break the micro-particles and let the olive oil escape.
- ④ Let rest 5/10 minutes
- ⑤ Rinse gently with warm water
- ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair And Scalp WASH and add 20 gocce di CIX. (109) Energizing Nectar and 20 gocce of CX. (110) Volume & Tonic Nectar Pour onto the palm of your hand, rubbing in circular movements to activate the active ingredients
- ⑦ Apply the product to the skin with a brush and massage using circular movements. With a fine comb, divide the hair into thin sections. Use an exfoliation massage on the scalp in each section, starting from the forehead, working from the scalp down the hair. Using the fingers, exert light pressure on the scalp during the massage, helping to stimulate the hair follicles and improve microcirculation. Proceed with circular movements with a diameter of about 2 cm above the ears, then use zigzag movements. After the entire head has been massaged, let it rest for 3–5 minutes, then rinse well with warm water.
- ⑧ Repeat with a second wash
- ⑨ Let rest 3–5 minutes
- ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
- ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair And Scalp TREAT with 20 drops CIX. (109) Energizing Nectar and 20 gocce of CX. (110) Volume & Tonic Nectar
- ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
- ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
- ⑭ Rinse well, making sure the water pressure is not too strong
- ⑮ Squeeze dry with a towel
- ⑯ If necessary, for more effectiveness, apply CIX. (109) Energizing Nectar directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
- ⑰ Proceed with drying and finishing

* If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 8–10 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 13–15 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CIX (109) Energizing Nectar / CX (110) Volume & Tonic Nectar daily, and letting the hair rest three minutes before drying.

Galenica: Seborrhoea Treatment

Seborrhoea

Seborrhoea on the scalp is a very common dermatological condition caused by excess sebum produced by the sebaceous glands in the skin. This condition is also known as seborrhoeic dermatitis and can lead to dandruff, itching, and redness.

The causes of seborrhoea on the scalp are still not clear, but they are probably due to various factors, including skin inflammation, an increase in sebaceous gland activity, a fungus called *Malassezia*, and immune system dysfunction.

In particular, it has been found that the presence of *Malassezia* is closely correlated with the appearance of seborrhoea on the scalp. This fungus, which is normally present on the skin, may lead to inflammation and stimulate the production of sebum by the sebaceous glands. In addition, it is believed that immune system dysfunction may favor the growth of *Malassezia* and symptoms of seborrhoea on the scalp.

The symptoms of seborrhoea on the scalp may be very annoying and may sometimes include the appearance of dandruff (either dry or oily), itching, and redness. In some cases, seborrhoea on the scalp may also lead to the appearance of crusting or lesions. It is important to note that seborrhoea on the scalp is not a serious condition, therefore, visiting a dermatologist is always recommended to correctly diagnose and treat symptoms.

The Treatment:

The Galenica Seborrhoea Treatment is a deep and intensive professional treatment for oily and dry dandruff that cleans the scalp and removes harmful bacteria, without stripping, and restores the hair's natural shine.

Products Needed:



Application

- ① Divide dry hair* into sections.
 - ② Apply REJUVA BASE Hair And Scalp OLIVE PEARL as necessary, about 10/20 ml
 - ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
 - ④ Let rest 5/10 minutes
 - ⑤ Rinse gently with warm water
 - ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops di CXIII. (113) Balancing Nectar. For severe cases, double the amount of nectar used to 40 drops.
 - ⑦ Divide the hair into thin sections, apply the product to the scalp with the brush, and massage with circular movements, starting from the forehead and working towards the nape. Using the fingers, apply light pressure to the scalp while massaging to prevent the sebaceous glands from excessively producing more sebum. Following this, let the Galenic remedy act for 3–5 minutes, then rinse the hair well with warm water.
 - ⑧ Repeat with a second wash
 - ⑨ Let rest 3–5 minutes
 - ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
 - ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CXIII. (113) Balancing Nectar
 - ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
 - ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
 - ⑭ Rinse well, making sure the water pressure is not too strong
 - ⑮ Squeeze dry with a towel
 - ⑯ If necessary for greater effectiveness CXIII. (113) Balancing Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
 - ⑰ Proceed with drying and finishing
- * If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 8–10 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 13–15 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CIX (109) Energizing Nectar / CX (110) Volume & Tonic Nectar daily, and letting the hair rest three minutes before drying.

Galenica: Hyperhidrosis Treatment

Hyperhidrosis

Hyperhidrosis of the scalp is a condition in which the sweat glands are over productive, causing an unpleasant feeling of dampness and discomfort. This condition may be extremely bothersome and negatively affect the quality of life of sufferers.

Hyperhidrosis of the scalp was long associated with excessive sweating on other parts of the body, such as the hands and underarm area. However, this condition was recently recognized as a separate, distinct condition.

The exact cause of hyperhidrosis of the scalp is still not fully understood. It is believed that the condition is caused by overactive sweat glands on the scalp. This may be caused by a series of factors, including underlying health problems, medications, and environmental factors.

The diagnosis of hyperhidrosis may be made through a series of tests, including the filter paper test, iodine-starch test, and sweat test. However, it is important to note that these tests may be invasive and cause the patient discomfort and pain.

In conclusion, hyperhidrosis of the scalp is a bothersome and potentially incapacitating condition. If this condition is suspected, consult a doctor for a correct diagnosis and to discuss the available treatment options.

The Treatment:

The Galenica Hyperhidrosis Treatment is an intensive professional treatment for hyperhidrosis of the skin. Black pepper seed oil, Magnolia bark and Lactococcus ferment work together to balance the scalp's natural microbiota without stripping it of vital natural oils.

Products Needed:



Application

- ① Divide dry hair* into sections.
 - ② Apply REJUVA BASE Hair And Scalp OLIVE PEARL as necessary, about 10/20 ml
 - ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
 - ④ Let rest 5/10 minutes
 - ⑤ Rinse gently with warm water to avoid producing too many suds
 - ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops of CXII. (112) Hyperhidrosis Nectar. For severe cases, double the amount of nectar used to 40 drops.
 - ⑦ Divide the hair into thin sections, apply the product to the skin with a brush and massage using circular movements, starting from the forehead and working towards the nape. Using the fingers, apply light pressure to the scalp while massaging to avoid overstimulating the scalp. Following this, let the Galenic remedy act for 3–5 minutes, then rinse the hair well with warm water.
 - ⑧ Repeat with a second wash
 - ⑨ Let rest 3–5 minutes
 - ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
 - ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CXII. (112) Hyperhidrosis Nectar
 - ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
 - ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
 - ⑭ Rinse well, making sure the water pressure is not too strong
 - ⑮ Squeeze dry with a towel
 - ⑯ If necessary for more effectiveness, apply CXII. (112) Hyperhidrosis Nectar directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
 - ⑰ Proceed with drying and finishing
- * If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 6–8 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 8–10 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CXII. (112) Hyperhidrosis Nectar daily

Galenica: Sensitive Scalp Treatment

Sensitive Scalp

The sensitive skin of the scalp is a very important part of the body because it has a large number of sensory receptors that allow the body to perceive and respond to external stimuli. These receptors are essential for perceiving various sensations such as heat, cold, pain, and physical contact.

The skin consists of numerous layers of cells, including the dermis, epidermis, and hair follicles.

- The dermis is the innermost part. It contains blood vessels, nerves, and sebaceous glands.
- The epidermis is the outermost part. It contains keratin, the protein that gives the skin its resistant structure.
- The hair follicles are part of the skin that extend from the dermis to the surface. They contain the hair bulb, where the hair grows.

The skin of the scalp is also the site of various conditions and disorders, such as seborrheic dermatitis, alopecia, psoriasis, and atopic dermatitis.

To maintain the health of the skin on the scalp, it is important to follow good personal hygiene, avoid stress, and limit the use of aggressive hair products.

The Treatment:

The Galenica Sensitive Scalp Treatment is an intensive professional treatment for sensitive skin that reduces skin irritation, restores the functionality of the scalp and creates ideal conditions for healthy hair growth.

Products Needed:



Application

- ① Divide dry hair* into sections.
 - ② In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops of CXIV. (114) Sensitive Nectar. For severe cases, double the amount of nectar used to 40 drops.
 - ③ Pour onto the palm of your hand, rubbing in circular movements to activate the active ingredients
 - ④ Divide the hair into thin sections, apply the product to the skin with a brush and massage using circular movements, starting from the forehead and working towards the nape. Using the fingers, apply light pressure to the scalp while massaging to avoid overstimulating the scalp. Following this, let the Galenic remedy act for 3–5 minutes, then rinse the hair well with warm water
 - ⑤ Repeat with a second wash
 - ⑥ Let rest 3–5 minutes
 - ⑦ First rinse the sides of the head, then above the nape, and finally the upper part
 - ⑧ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CXIV. (114) Sensitive Nectar
 - ⑨ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
 - ⑩ Let rest 5-10 minutes to improve absorption of the active ingredients
 - ⑪ Rinse well, making sure the water pressure is not too strong
 - ⑫ Squeeze dry with a towel
 - ⑬ If necessary for greater effectiveness CXIV. (114) Sensitive Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
 - ⑭ For evident red areas with burning or itching, apply RE-JUVA REMEDY Scalp CREAM massaging delicately until it is absorbed
 - ⑮ Proceed with drying and finishing
- * If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 5–6 sessions) accompanied by the related hair care at home

Intensive treatment:

two sessions per week at the salon (for a total of 7–8 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CXIV. (114) Sensitive Nectar. Daily. For evident red areas with burning or itching, apply RE-JUVA REMEDY Scalp CREAM, massaging delicately until it is absorbed.

Galenica: Dandruff Treatment

Dry Dandruff

Dry dandruff, also known as dry flaky scalp, is a common skin condition that affects people around the world. The etiology is believed to refer to many factors and may be influenced by a combination of genetics, environment, and behavior.

It is characterized by peeling of the scalp, which leads to the formation of small dry, whitish flakes as the result of increased growth of skin cells on the scalp. This process leads to an accumulation of dead skin cells, which deposit on the surface, causing peeling.

Oily Dandruff

Oily dandruff on the scalp, or seborrhoea, is a common skin condition marked by excessive peeling of the skin. This ailment is presumably influenced by genetics, the environment, and behavior. Seborrhoea is due to the excessive production of sebum, an oily secretion produced by the sebaceous glands in the skin of the scalp. This excess may lead to skin inflammation and flakes that are oily, sticky, and sometimes itchy.

Both Dry and Oily Dandruff are a common skin condition that requires an in-depth evaluation and treatment. Determining the underlying cause of the problem is essential for finding the most effective treatment. The use of specific shampoos, a balanced diet and healthy lifestyle are all important factors in treating dry dandruff.

The Treatment

The Galenica Dandruff Treatment is a deep and intensive professional treatment for oily and dry dandruff that cleans the scalp and removes harmful bacteria, without stripping, and restores the hair's natural shine.

Products Needed:



Application: Dry Dandruff

- ① Divide dry hair* into sections.
 - ② Apply REJUVA BASE Hair And Scalp OLIVE PEARL as necessary, about 10/20 ml
 - ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
 - ④ Let rest 3-5 minutes
 - ⑤ Rinse gently with warm water
 - ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 40 drops of CXI. (111) Purifying Nectar
 - ⑦ Divide the hair into thin sections, apply the product to the skin with a brush and massage using circular movements. Massage, starting from the nape, using the tips of the fingers. Continue towards the temples and finally to the forehead, concentrating on the area of the temples where stress often accumulates. After massaging the entire head, let the Galenic remedy sit for 3–5 minutes, then rinse the hair well with warm water.
 - ⑧ Repeat with a second wash
 - ⑨ Let rest 3–5 minutes
 - ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
 - ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 40 drops of CXI. (111) Purifying Nectar
 - ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
 - ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
 - ⑭ Rinse well, making sure the water pressure is not too strong
 - ⑮ Squeeze dry with a towel
 - ⑯ If necessary for greater effectiveness CXI. (111) Purifying Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
 - ⑰ Proceed with drying and finishing
- * If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 5–6 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 7–8 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CXI. (111) Purifying Nectar and CXIII. (113) Balancing Nectar on alternating days, letting it sit three minutes before drying.

Application: Oily Dandruff

- ① Divide dry hair* into sections.
- ② Apply RE-JUVA BASE Hair and Scalp OLIVE PEARL as necessary, about 10/20 ml
- ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
- ④ Let rest 3-5 minutes
- ⑤ Rinse gently with warm water
- ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops of CXI. (111) Purifying Nectar and 20 drops of CXIII. (113) Balancing Nectar
- ⑦ Divide the hair into thin sections, apply the product to the skin with a brush and massage using circular movements. Massage, starting from the nape, using the tips of the fingers. Continue towards the temples and finally to the forehead, concentrating on the area of the temples where stress often accumulates. After massaging the entire head, let the Galenic remedy sit for 3–5 minutes, then rinse the hair well with warm water.
- ⑧ Repeat with a second wash
- ⑨ Let rest 3–5 minutes
- ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
- ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CXI. (111) Purifying Nectar and 20 drops of CXIII. (113) Balancing Nectar
- ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
- ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
- ⑭ Rinse well, making sure the water pressure is not too strong
- ⑮ Squeeze dry with a towel
- ⑯ If necessary for greater effectiveness CXI. (111) Purifying Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
- ⑰ Proceed with drying and finishing

* If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 5–6 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 7–8 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CXI. (111) Purifying Nectar and CXIII. (113) Balancing Nectar on alternating days, letting it sit three minutes before drying.

How to Personalize Treatments

Should one or more secondary issues be found in addition to the main condition, it is recommended that the treatment be 'personalized' to make it more effective. This is done by mixing more than one active ingredient in RE-JUVA BASE Hair and Scalp WASH and RE-JUVA BASE Hair and Scalp TREAT, following the principle below:

Re-Juva Base + *Nectar Choice 1* + *Nectar Choice 2*
(5 pumps) (2 ml = 40 maximum drops) (2 ml = 40 maximum drops)



Two or more Nectars can therefore be added depending on the accompanying conditions, with a maximum of 2 ml = 40 drops per application (not considering the drops applied directly to the scalp when necessary). The number of ml/ drops of each Nectar is determined based on the primary condition to cure.

Application: Hair Loss Due to Excess Sebum

- ① Divide dry hair* into sections.
- ② Apply RE-JUVA BASE Hair and Scalp OLIVE PEARL as necessary, about 10/20 ml
- ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
- ④ Let rest 3-5 minutes
- ⑤ Rinse gently with warm water
- ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 15 drops of CIX. (109) Energizing Nectar and 5 drops of CX. (110) Volume & Tonic Nectar and 20 drops of CXIII. (113) Balancing Nectar. Pour onto the palm of your hand, rubbing in circular movements to activate the active ingredients.
- ⑦ Divide the hair into thin sections, apply the product to the skin with a brush and massage using circular movements, starting from the forehead and working towards the nape. Using the fingers, apply light pressure to the scalp while massaging to prevent the sebaceous glands from excessively producing more sebum. Following this, let the Galenic remedy act for 3–5 minutes, then rinse the hair well
- ⑧ Repeat with a second wash
- ⑨ Let rest 3–5 minutes
- ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
- ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 15 drops of CIX. (109) Energizing Nectar and 5 drops of CX. (110) Volume & Tonic Nectar and 20 drops of CXIII. (113) Balancing Nectar.
- ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
- ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
- ⑭ Rinse well, making sure the water pressure is not too strong
- ⑮ Squeeze dry with a towel
- ⑯ If necessary for greater effectiveness CIX. (109) Energizing Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
- ⑰ Proceed with drying and finishing

* If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 8–10 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 13–15 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CIX. (109) Energizing Nectar and CXIII. (113) Balancing Nectar on alternating days, letting it sit three minutes before drying

Application: Hair Loss with Hyperhidrosis

- ① Divide dry hair* into sections.
- ② Apply RE-JUVA BASE Hair and Scalp OLIVE PEARL as necessary, about 10/20 ml
- ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
- ④ Let rest 5–10 minutes
- ⑤ Rinse gently with warm water
- ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops of CIX. (109) Energizing Nectar and 20 drops of CXII. (112) Hyperhidrosis Nectar. Pour onto the palm of your hand, rubbing in circular movements to activate the active ingredients
- ⑦ Divide the hair into thin sections, apply the product to the skin with a brush and massage using circular movements, starting from the forehead and working towards the nape. Using the fingers, apply light pressure to the scalp while massaging to prevent the sebaceous glands from excessively producing more sebum. Following this, let the Galenic remedy act for 3–5 minutes, then rinse the hair well
- ⑧ Repeat with a second wash
- ⑨ Let rest 3–5 minutes
- ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
- ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CIX. (109) Energizing Nectar and 20 drops of CXII. (112) Hyperhidrosis Nectar
- ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
- ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
- ⑭ Rinse well, making sure the water pressure is not too strong
- ⑮ Squeeze dry with a towel
- ⑯ If necessary for greater effectiveness CIX. (109) Energizing Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
- ⑰ Proceed with drying and finishing

* If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 8–10 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 13–15 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CIX. (109) Energizing Nectar and CXII. (112) Hyperhidrosis Nectar on alternating days, letting it sit three minutes before drying

Application: Hair Loss and Sensitive Scalp

- ① Divide dry hair* into sections.
- ② In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops of CIX. (109) Energizing Nectar and 20 drops of CXIV. (114) Sensitive Nectar
- ③ Pour onto the palm of your hand, rubbing in circular movements to activate the active ingredients
- ④ Divide the hair into thin sections, apply the product to the skin with a brush and massage using very delicate circular movements, starting from the forehead and working towards the nape. Using the fingers, apply light pressure to the scalp while massaging to avoid overstimulating the scalp. Following this, let the Galenica remedy act for 3–5 minutes, then rinse the hair well with warm water.
- ⑤ Repeat with a second wash
- ⑥ Let rest 3-5 minutes
- ⑦ First rinse the sides of the head, then above the nape, and finally the upper part
- ⑧ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CIX. (109) Energizing Nectar and 20 drops of CXIV. (114) Sensitive Nectar
- ⑨ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
- ⑩ Let rest 5-10 minutes to improve absorption of the active ingredients
- ⑪ Rinse well, making sure the water pressure is not too strong
- ⑫ Squeeze dry with a towel
- ⑬ If necessary for greater effectiveness CIX. (109) Energizing Nectar may be applied again directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients
- ⑭ For evident red areas with burning or itching, apply RE-JUVA REMEDY Scalp CREAM, massaging delicately until it is absorbed
- ⑮ Proceed with drying and finishing

* If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 6–8 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 11–13 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CIX. (109) Energizing Nectar and CXIV. (114) Sensitive Nectar on alternating days, letting it sit three minutes before drying. For evident red areas with burning or itching, apply RE-JUVA REMEDY Scalp CREAM, massaging delicately until it is absorbed

Application: Hair Loss with Dandruff

- ① Divide dry hair* into sections.
- ② Apply RE-JUVA BASE Hair and Scalp OLIVE PEARL as necessary, about 10/20 ml
- ③ Massage very delicately over the entire scalp with circular movements to break the micro particles and let the olive oil escape
- ④ Let rest 3-5 minutes
- ⑤ Rinse gently with warm water
- ⑥ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp WASH and add 20 drops of CIX. (109) Energizing Nectar and 20 drops of CXI. (111) Purifying Nectar
- ⑦ Apply the product to the skin with a brush and massage using circular movements. With a fine comb, divide the hair into thin sections. Use an exfoliation massage on the scalp in each section, starting from the forehead and working towards the nape. Using the fingers, exert light pressure on the scalp during the massage, helping to stimulate the hair follicles and improve microcirculation. Proceed with circular movements with a diameter of about 2 cm above the ears, then use zigzag movements. After the entire head has been massaged, let the Galenic remedy rest for 3–5 minutes, then rinse well with warm water.
- ⑧ Repeat with a second wash
- ⑨ Let rest 3–5 minutes
- ⑩ First rinse the sides of the head, then above the nape, and finally the upper part
- ⑪ In the wooden bowl, mix 5 pumps of RE-JUVA BASE Hair and Scalp TREAT and add 20 drops of CIX. (109) Energizing Nectar and 20 drops of CXI. (111) Purifying Nectar
- ⑫ Divide the hair into four sections and apply the mixture with a brush, starting from the tips and distributing the rest towards the scalp
- ⑬ Let rest 5-10 minutes to improve absorption of the active ingredients
- ⑭ Rinse well, making sure the water pressure is not too strong
- ⑮ Squeeze dry with a towel
- ⑯ If necessary for greater effectiveness, apply CIX. (109) Energizing Nectar directly to the scalp, massaging and waiting at least three minutes before drying to prevent the heat from interfering with the action of the active ingredients.
- ⑰ Proceed with drying and finishing

* If the customer's hair is particularly dirty or greasy, or a hair bath with hydrolats was done before the Galenic treatment, this step can be inverted, first washing the hair and then proceeding with the scrub

Treatment Frequency:

Basic treatment:

One session per week at the salon (for a total of 8–10 sessions) accompanied by the related hair care at home

Intensive treatment:

Two sessions per week at the salon (for a total of 13–15 sessions) accompanied by the related hair care at home

Hair care at home:

It is recommended that the customer continue treatment at home, cleansing with Re-Juva Base Hair and Scalp WASH and conditioning with Re-Juva Base Hair and Scalp TREAT twice per week, using CIX. (109) Energizing Nectar and CXI. (111) Purifying Nectar on alternating days, letting it sit three minutes before drying

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