



## Changes Instruction Leaflet

Thank you for your purchase

**Changes by Tints of Nature** is a highly effective conditioning semi-permanent hair colour. It employs an advanced formula to produce outstanding results while protecting and caring for your hair and scalp as naturally as possible.

**Changes by Tints of Nature** is the only line of semi-permanent hair colour to use natural Irish seaweed as a conditioning agent. Its formula is paraben and peroxide-free and contains no harsh ammonia or resorcinol thus helping to ensure damage free results.

Designed for use on natural hair, it is not recommended for use on hair that has been previously lightened more than one shade and is not primarily designed to cover grey hair. However, in many cases, it can very effectively disguise those first signs of grey. An application should last 6-8 shampoos and can then be repeated.

### before you start

Before you colour with **Changes**, it is most important that you read this entire instruction leaflet very carefully.

### sensitivity test

Although unusual, occasionally an allergic reaction may occur when using a hair colour. For this reason, it is important to carry out the following sensitivity test 48 hours before each application.

Gently wash a small area of skin behind one ear and dry carefully with a cotton swab. Next, apply a few drops of your chosen **Changes** colour to the skin. Allow to dry and do not rinse the skin for 48 hours. If there is any sign of reaction – redness, soreness, irritation or burning, do not use this product.

### colour check & strand test

To ensure the correct result, you are advised to carry out this colour check test prior to using **Changes**. This is particularly important if your hair is dry, porous or damaged, has been previously coloured, permed or bleached, or has had a henna colour. In these instances, the hair is more likely to accept the colour and may go darker than anticipated. In addition, if you have used a hair restorer or a product containing metallic dyes it is essential to carry out a strand test to ensure compatibility. Simply take ½ inch strand section of your hair and wearing the gloves provided, apply your chosen **Changes** colour to the strand, ensuring you cover any new growth. Wash any colour from the skin and leave for approximately 30 minutes. Rinse well with warm water and dry the hair. If the colour and condition are satisfactory and there was no reaction to the sensitivity test, you are now ready to use **Changes**.

However, should the result be unsatisfactory, the following may help:-

- The colour is too dark – simply select a lighter colour;
- The ends are too dark or too bright – your hair may be dry or porous on the ends (see section for application on dry, porous, damaged or permed hair);
- The colour is too light – simply select a darker colour;
- The colour has not covered the grey or looks too bright or brassy – **Changes** is not primarily designed to cover grey hair and may not be suitable for you (see section for application on grey hair);
- The colour is not what was expected – **Changes** is probably reacting with chemicals that are

still present on your hair from a previous treatment with a product such as a colour restorer or one containing metallic dyes. You should postpone your application until the residuals are no longer an issue.

### preparation

The **Changes** carton contains everything you need to create a beautiful hair colour.

- Remove the components from the box and put on the gloves supplied.
- Gently shake the **Changes** bottle 4 or 5 times. Carefully snip off the tip with a pair of scissors.
- Use as directed below.

### application

**Changes** is best applied to clean, dry hair. Provided that there is no excess build-up of styling products, etc. then there is no need to shampoo. If there is a significant build-up, then shampoo and towel dry your hair before proceeding. It is also important to brush or comb before you start. Always wear the gloves provided and start the application at the temples and front hairline. As the application proceeds, remember to ensure that your hair is thoroughly saturated. Avoid massaging any solution into the scalp and, once applied, remove any excess product from the facial hairline with damp cotton wool.

### development

Collect your hair together loosely, cover with a plastic bag and allow to develop. For the best results, the first time you use **Changes**, and especially if you are covering grey hair, it is advisable to leave the colour to develop for 45 minutes. For subsequent applications, 20-30 minutes should be sufficient to produce good results.

### on grey hair

If your hair is going grey, to maximise the coverage from **Changes**, we suggest that you apply gentle heat from a hairdryer for at least 10-15 minutes of the development time.

### on dry, porous, damaged or permed hair

Because this type of hair is more likely to accept colour and may go darker than anticipated, we suggest that you do not follow the application method described above, but instead apply **Changes** initially to the natural, unaffected areas, and then to your remaining hair for only the last 10 minutes.

### rinse & condition

Once your colour has fully developed, replace the plastic gloves and remove the plastic bag. Apply a little water to your hair and massage it up into a rich lather to take advantage of the softening and conditioning effects of **Changes**. After leaving for a couple of minutes rinse your hair and scalp thoroughly with warm water until the water runs completely clear. This is very important as otherwise any residue could be released later and cause staining. Next, towel dry your hair and fully apply the provided conditioner. Gently comb through and leave for at least 5 minutes before rinsing with cool water until the water runs completely clear again. The conditioner is designed to seal in the colour and protect your hair. Your **Changes** application is now complete.

### cautions & useful advice

- **Changes** contains chemicals which may cause allergic reactions. Remember to carry out the sensitivity test prior to colouring.
- If your scalp is irritated, sore or has any cuts, abrasions or rashes, do not use **Changes** while the condition persists. Once healed, then carry out the sensitivity test.
- **Changes** is primarily designed for use on natural hair and is not recommended for use on hair that has been previously lightened more than one shade. If you have previously used a peroxide colour which has not lightened your hair, it is normally safe to use **Changes**.  
However, as a precaution, remember to carry out the strand test prior to colouring.
- If you are changing your **Changes** colour, then it is advisable to ensure that all colour is gone from your

previous application. Otherwise, there may be confusion between the colour tones.

- Should you select a **Changes** colour darker than your natural hair colour, it may not wash out in 6-8 shampoos.
- To maintain good hair condition and maximise colour retention between treatments, we recommend the use of **Tints of Nature Shampoo** and **Conditioner**.
- Always wear the provided plastic gloves while using **Changes**. Protect clothing and avoid **Changes** coming into contact with absorbent surfaces such as fabrics, carpets, paint work and some plastics, as permanent staining may occur.
- Never use **Changes** to colour eyelashes or eyebrows.
- If the product comes into contact with the eyes, rinse immediately with water. If irritation continues seek medical advice.
- **Changes** is not recommended for use during pregnancy.
- Keep out of the reach of children. For external use only. If swallowed, seek medical help immediately.

### caring for the environment

**Changes** is supplied in a unique earth-friendly pack which consists of a cardboard carton surrounded by a printed 'plastic' sleeve. The carton is made from 100% reclaimed material and can be readily recycled. The sleeve is made from compostable PLA. This wonderful material is derived from corn husks and is an alternative to conventional plastics. PLA contains no petrochemicals and is kind to the environment. After use, it will decompose very easily, within fifty to sixty days, when placed in an industrial grade composter.

### helpline & guarantee

We hope that these instructions will tell you everything you need to successfully use **Changes**. However, if you need further assistance, please call our helpline on 01590 613490. Our experts are available Monday to Friday 9am to 5pm.