

#MetalDetox

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# How much product to use for my hair type?

	<b>FINE / THIN</b>	<b>MEDIUM</b>	<b>THICK / COARSE</b>
<b>SHORT</b> (CHIN-LENGTH OR SHORTER)	1 PUMP	1-2 PUMPS	2-3 PUMPS
<b>MEDIUM</b> (SHOULDER LENGTH)	1-2 PUMPS	2-3 PUMPS	3-4 PUMPS
<b>LONG</b> (MID-BACK LENGTH)	2-3 PUMPS	3-4 PUMPS	4+ PUMPS

1 PUMP = 1 ML