

Lauren's Wash-Day *Cheat Sheet*

THE ABBEY YUNG METHOD · ONDRE'S-BATHROOM EDITION · REPAIR FIRST · CLEAN SMART · CONDITION ALWAYS · PROTECT EVERY TIME

Non-negotiables: Leave-in + heat protection EVERY wash Satin every night Satin to sleep · never rub wet hair
Irons ≤330°F · air-dry to 80% first Clarify weekly · dry shampoo out by wash day

The four wash days — *pick tonight's*

REPAIR (MON A)

1. **epres** dry hair 10 min (+ scalp oil ok)
2. **Redken ABC x2** or Kure / MELU
3. **Ouai Balm** 3 min (replaces cond.)
4. **ABC Leave-In**
5. Gentle style · **MELU serum** ends

K18 (MON B)

1. **K18 Detox** cleanse · no epres
2. Wring **HARD** — stop the dripping
3. **K18** 1 pump · clip · **4-min wait** = finish showering
4. ONE conditioner on ends · rinse that
5. **Instacure** → style · K18 stays in

GLOSS (THU)

1. **Première** 5 min pre-shampoo
2. **Ouai Detox** → **Gloss Absolu**
3. **Lamination Mask** 5 min → **conditioner**
4. Cold-shot rinse 10 sec
5. **Dream Cocktail** → blowout → **Glaze Drops**

SCALP / WAVE (SAT)

1. **HoliRoots** massage · 20 min
2. **Dr. Groot x2** · 60-sec massage
3. **Miracle rinse** or MOMO
4. **ELEVEN** soaking → mousse (extra on ends!) → **Wave Maker**
5. Aquis plop 15 min · hands off · no heat

Order of operations — *any wash*

BEFORE

epres or **scalp oil** (or both)
Première = first thing wet

SHOWER

- 1 Clarify (weekly)
- 2 Shampoo (scalp only)
- 3 K18 (its weeks)
- 4 Gloss → 5 Cond/ Mask (pick 1–2)

DAMP

- 1 Aquis squeeze + wrap
- 2 Bond leave-in first (Keraphix, Dove)
- 3 Leave-in + heat (ABC · Cocktail · TBC · Instacure · ELEVEN)
- 4 Stylers → air-dry to 80%

DRY

Aerosol respray (IGK / M-oil / Drybar) before ANY tool
Blow-dry last 20% → iron / Wavytalk / Airwrap
Finish: Glaze Drops · K18 oil · wand · spray

NIGHT

Treat 1–2×/wk: **8H** · essence · Antisocial · epres
Kitsch heatless = dry, bare hair
Minoxidil → **satin scarf**, always

Quick rules — *when unsure*

Mushy/stretchy → protein (Kure · Keraphix · DEAR HAIR)

Dry/crunchy/tangly → moisture (Hydro Rush · Gisou · MOMO)

Stiff after treating → buildup: clarify + go lighter

epres & K18 — never the same wash

Wonder Water / Oi Luster = layers · **Lamination Mask** can fly solo

One film-former at a time (Dream Coat / Glaze Milk / cream)

Back-to-back washes: light wash — one gentle cleanse, conditioner, leave-in. No treatments. Pool/ocean = detox cleanse + extra moisture.

Dry shampoo buys a day, never replaces one

Pick-up list (at your place): Ouai Detox · K18 Peptide Prep Detox · DEAR HAIR mask · Gisou mask · Dr. Groot roll-on · Folligen Treatment (RED) · Folligen Silk (PURPLE) — *plus strong candidates: B&B Invisible Oil primer, Ouai leave-in, Coco & Eve leave-in*

Built from Lauren's Amazon order history · The Abbey Yung Method · full routine, calendar, builder & index live in the Cowork artifact

Every Bottle, *Its Job* — the full coverage index · Cal = calendar week

ALL PRODUCTS · FIND ANY BOTTLE → KNOW ITS DAY · = AT YOUR PLACE, ON THE PICK-UP LIST

Aire 360 styler — Glass Blowout; Base Blowout

amika Flash Instant Shine — Davines Smooth Air-Dry

amika Hydro Rush duo — Moisture Rescue; Beach Day; Cal W4 Sat

amika Kure shampoo + conditioner — Kure Repair Day; K18 Protocol (alt); Cal W3 Mon

amika Kure Intense Mask — Kure Repair Day; Cal W3 Mon

amika Perk Up — 5-Min Morning; Date-Night Friday

amika Perk Up Plus — Office Wednesday; Cal W2 Wed

amika Velveteen Balm — Davines Smooth Air-Dry

ANGENIL flat iron — Flat-Iron Curls finisher; Date-Night Friday

ANILLO essence + ampoule — Overnight Treatment; Cal W1/W3 Sun

Aquis towel — every wash; Base Blowout step 1

Batiste Bare — Weatherproof Week; Date-Night tip

Batiste Original 3-pack — Weatherproof Week (gym bag)

Batiste Overnight — Overnight Treatment; Lazy Sunday; Cal W1 Sun

Batiste Volumizing — Volume Day (next AM)

Biolage Full Rescue — MELU Long-Hair Day PM; Cal W3 Wed

Biolage Hydra Source — Scalp+Wave Saturday PM; Daily AM; Cal W1 Wed

Butterfly clamps — Glass Blowout; Base Blowout

Castor oil (Heritage) — Deep-Nourish Evening (1:1 blend)

Color Wow Dream Coat — Weatherproof Week; Cal W2 Thu

Color Wow Dream Cocktail — Glass Blowout; Quick Gloss; Airwrap Day; Volume Day; Cal W1/W3 Thu

Conair plop towel — wave-day plop, easy mode; Aquis stays the everyday squeeze

CULISE powder — Weatherproof Week (day 2); Cal W3 Wed

Curlfriend towels — Air-Dry Wave (plop alt); Travel Day (mini)

Davines hairspray — Glass Blowout; Event Hair; Trial Day; finishers

Davines curl mousse — Air-Dry Wave; Cal W2 Sat

Davines LOVE Curl duo — Air-Dry Wave; Cal W2 Sat

Davines LOVE Smoothing duo — Davines Smooth Air-Dry

Davines MELU shampoo + conditioner — MELU Long-Hair Day

Davines MELU serum — Repair Standard; Air-Dry Wave; MELU Day; WFH Day

Davines MOMO — Scalp+Growth (thirsty opt); Cal W3 Sat

Davines OI conditioner — Quick Gloss; Smooth Air-Dry (alt)

Davines OI Liquid Luster — Event Hair; Cal W4 Thu

Davines Replumping duo — Volume Day

DEAR HAIR mask — Protein Tune-Up; Cal W4 Mon

DevaCurl Wave Maker — Air-Dry Wave; Scalp Saturday; Cal W1 Sat

Dove Amino serum — MELU Long-Hair Day

Dove Bond Strength serum — Kure Repair Day; Cal W3 Mon

Dove Serum + Oil spray — 5-Min Morning; Office Wed; Travel Day; Cal W4 Wed

Dr.FORHAIR Folligen Shampoo — Scalp Wash days; rotates with Dr. Groot

Dr.FORHAIR Folligen Treatment (RED) — scalp-day rinse; roots allowed

Dr.FORHAIR Folligen Silk Treatment (PURPLE) — protein-day conditioner, mids-to-ends

Dr.FORHAIR Folligen Tonic — leave-on scalp serum; non-minoxidil slots

Dr. Groot shampoo — Scalp+Growth; Scalp Saturday; Cal W1 Sat

Dr. Groot conditioner — Volume Day (alt)

Dr. Groot Miracle rinse — Scalp+Growth; Cal W1 Sat

Dr. Groot roll-on — Daily AM slot (once retrieved)

Drybar Hot Toddy — dry-aerosol bench (finishers)

Dyson Airwrap + attachments — Airwrap Day; Gloss Thursday

ELEVEN Miracle leave-in — Air-Dry Wave; Moisture Rescue; Deep-Nourish; Beach Day; Cal W1 Sat

CER-100 Essence Oil — everyday ends sealer; moisture-day finisher; both bathrooms

Elizavecca CER-100 protein treatment — protein-day option, now at O's; rotate with Kure mask / DEAR HAIR

epres — Repair Standard; Kure Day; Repair Monday; WFH Day; Travel (vials); Cal W1/W3 Mon, W4 Sun

Eva NYC dry shampoo — Office Wednesday (gym); Cal W3 Wed

Fable & Mane HoliRoots ★ — Scalp Saturday; Deep-Nourish; Cal W1 Sat

Fable & Mane SahaScalp — Deep-Nourish Evening (nightcap)

Function of Beauty mousse — Air-Dry Wave (alt)

Garnier flyaway wand — Office Wed; Event clutch; Trial briefcase

Heliums small ties — braid tails, mini sections; the Gimme's little sibling

Kitsch clear bands + tie cutter — micro-hold styles; ALWAYS cut out, never pulled

Gimme elastics — 5-Min Morning; braids everywhere

Gisou mask — Moisture Rescue; Beach Day; Cal W4 Sat

Glaze Drops (Kérastase) — Glass Blowout; Event; all four finishers

Glaze Milk (Kérastase) — Glass Blowout (humid opt); Travel Day

Gloss Absolu shampoo + conditioner — Glass Blowout; Quick Gloss; Event; Cal Thu

Growplex minoxidil — every single PM, no exceptions

OGX Bond Protein Repair Spray — damp: everyday leave-in (until Instacure arrives); dry: pre-iron respray on hot-tool days

OMI gummies — MELU Day PM; Friday PM (Lemme + Plant People: given away)

Hair sticks — Friday stick bun; Gloss Thursday PM

Ibiza boar brush — Daily PM brush-through; Date-Night

IGK Antisocial mask — Overnight Treatment; Office Wed PM; Trial PM; Cal W2 Sun

IGK flyaway wand — Glass Blowout; Event Hair

IGK Good Behavior spray — dry-aerosol bench (#5 of 15!)

JVN Air Dry Cream — Moisture Rescue; Travel Day; Cal W3 Sat

K18 AirWash — 5-Min Morning; Lazy Sunday; Cal W1/W4 Wed

K18 Leave-In Mask — K18 Protocol; K18 Monday; Cal W2/W4 Mon

K18 Peptide Prep Detox — K18 Protocol; Beach clarify; Travel; Cal W2/W4 Mon

K18 oil ★ — Wavytalk finisher; K18 Monday PM; Beach pre-load

Kérastase 8H Magic Night — Overnight Treatment; Lazy Sunday; Beach PM; Cal W1 Sun

Kérastase Elixir Ultime — Office Wed; Travel; Event clutch; Cal W2 Wed

Kérastase Première pre-shampoo — Glass Blowout; Event; Travel; Cal W1/W4 Thu

Kérastase Première Anti-Breakage Mask — Protein Tune-Up (strong swap)

Kérastase Styling Cream — Weatherproof Week (extreme humidity)

Kitsch heatless styler — Heatless finisher; Event Day; Trial night-before; wave-ends fix

Kitsch rosemary oil — Scalp+Growth; Cal W1 Sat

Kitsch spray bottles — 5-Min Morning; Air-Dry rewet; Beach pool-trick

L'Oréal Lamination Mask ★ — Glass Blowout; Gloss Thursday; Trial night-before; Cal W1 Thu

L'Oréal Wonder Water — Quick Gloss; Cal W2/W3 Thu

Living Proof Clarifying Detox — the weekly reset at O's; K18 opener; post-pool mandatory

Living Proof Triple Bond — Base Blowout; Event Hair; Protein Tune-Up; Cal W4 Mon

Malibu C Curl Partner (purple sachets) — quarterly demineralization reset; the wave experiment

Matrix Instacure — K18 Protocol (ideal, once retrieved); Kure Day

Miss Jessie's Pillow Soft — Air-Dry Wave (define alt)

Moroccanoil Extra Volume Shampoo — volume days; rotates with Replumping + Dr. Groot

Moroccanoil Extra Volume Conditioner — volume days, mids-to-ends only

Moroccanoil Perfect Defense — dry-aerosol bench (finishers)

Nécessaire Rosemary — Deep-Nourish Evening; Cal W3 Sat

Nexus Keraphix — Protein Tune-Up

Ouai Bond Balm — Repair Standard; Repair Monday; WFH Day; Cal W1 Mon

Ouai Detox — Glass Blowout; Protein Tune-Up; Beach clarify; Cal Thu

Redken ABC shampoo — Repair Standard; K18 alt; WFH Day; Cal W1 Mon

Redken ABC conditioner — Weatherproof Week (its big day)

Redken ABC leave-in — Repair Standard; Base Blowout; Cal W1 Mon

Remington multi-styler — Travel Day

Round brushes (ERGO/AIMIKE/Wet Brush) — Base Blowout; Volume Day

Satin scarves — every PM; every overnight treatment

Shower caps — Lazy Sunday; Gisou heat-trap

Sleeve-tie plop towel (Etsy) — the full wave-day plop ritual; the "almost a shirt" one

Squigs Gooseberry oil — Lazy Sunday (pre-scalp-wash night)

TYMO curler — Event Hair; Date-Night Friday

VEGAMOUR HYDR-8 — Scalp+Growth; Cal W3 Sat

Wave Revival mist (XMONDO) — 5-Min Morning; Lazy Sunday

Wavytalk steam comb — Wavytalk finisher; Office Wed; Trial AM

YOLU — Deep-Nourish Evening (its natural habitat)

The Dove twins, told apart: "BOND STRENGTH" (peptides) = color-damage twin → repair washes · "INTENSIVE REPAIR Amino" = heat-&-breakage twin → everyday washes. Rotate, never layer both. **The Folligen bottles:** RED = Roots (scalp rinse) · PURPLE = Protein (lengths). **OGX Bond Protein Spray (incoming):** damp = leave-in before blow-dry · dry = respray before irons.