PRODUCT CATALOGUE

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Who better to trust than your older sister. Especially if she's been creating amazing cosmetics for years and she's been completely nuts about them. And once she's into something, she gets blown away. What else is there to say? Just trust her, she's a total hair freak!

Our ingredient list is impeccable & what's more, our packaging beautiful and innovative. We also have a surprise for you – two tests that will help you find out which products best fit your needs. You'll never get bored with us!

OUR MISSION

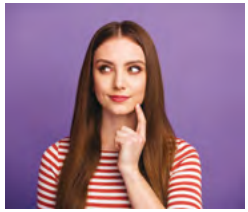
We take care of your hair. But we also want to teach you about what your hair needs. Ask yourself: do I really know my hair? Do I know how to take care of it? Our goal is to create a space where our clients could find reliable information and feel that their needs are understood and met. Just trust us!

We will pick the best products for you. Our motto is – we are partners and we should learn from each other.

In a nutshell, our mission is to promote knowledge and awareness of hair & hair porosity.

WHY?

There is a tendency to assume that majority of women has medium or high porosity hair. This leads to mistakes in everyday hair care routine.



COMPLEX HAIR CARE STEP BY STEP

Trust my sister products are created to complement each other. That's why we recommend to use all the products from one line in the right order.

Each line consists of five products suited to the correspondent porosity. Every product plays important role in your routine, and prepares your hair for the next product in line.

HOT OIL TREATMENT

100 ml

step 1

FOAM SHAMPOO

200 ml

step 2

PROTEIN/EMOLLIENT HAIR MASK

200 ml

step 3

SERUM FOR HAIR ENDS

40 ml

step 4

POROSITY TYPES & THE DIFFERENCES

- ♥ low porosity hair
- ♥♥ medium porosity hair
- ♥♥♥ high porosity hair

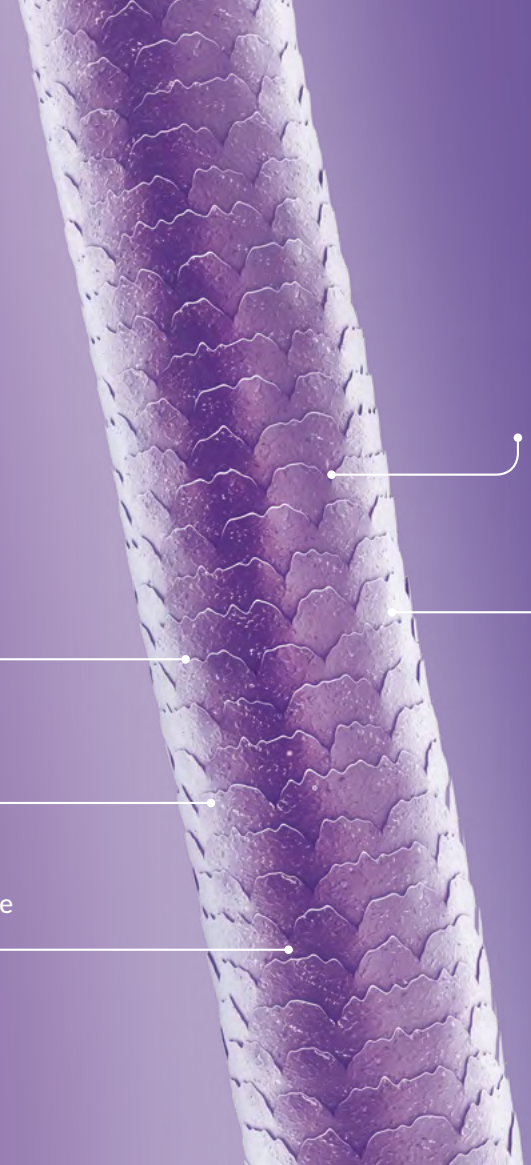
TRUST MY
EMOLLIENT HAIR

LOW POROSITY HAIR

Low porosity hair is rather smooth and straight. Hair cuticles are tightly closed, regular and relatively still. Low porosity hair requires frequent washing and it takes it long to dry it without a blow dryer. It doesn't become frizzy, but it is pretty hard to style and it's easy to weight it down with hair products so excessive treatments might worsen its condition and change its porosity.

CHARACTERISTICS

Specific structure and tightly closed cuticles prevent poorly matched products from being absorbed, so they are left on the surface.



Low volume

Dry slowly

Easily weighted down

Tightly closed cuticles

Resistant to damage

PRODUCTS FOR LOW POROSITY HAIR

- **HOT OIL TREATMENT** 100 ml
  Lightweight, doesn't weigh hair down. Soothes scalp inflammations, stimulates hair growth, minimizes hair loss. Leaves hair moisturized, bouncy and full of shine.

- **FOAM SHAMPOO** 200 ml
  Deeply cleanses, regulates sebum production. Stimulates hair growth and minimizes hair loss.

- **HAIR MASK – EMOLLIENT SERIES** 200 ml
  Particle size: small – adjusted to low porosity hair. Maintains proper hydration level and protects against damage, without weighting the hair down.

- **HAIR MASK – PROTEIN SERIES** 200 ml
  Particle size: small – adjusted to low porosity hair. Regenerates and repairs hair. Boosts hair volume and leaves your hair strong, shiny and bouncy.

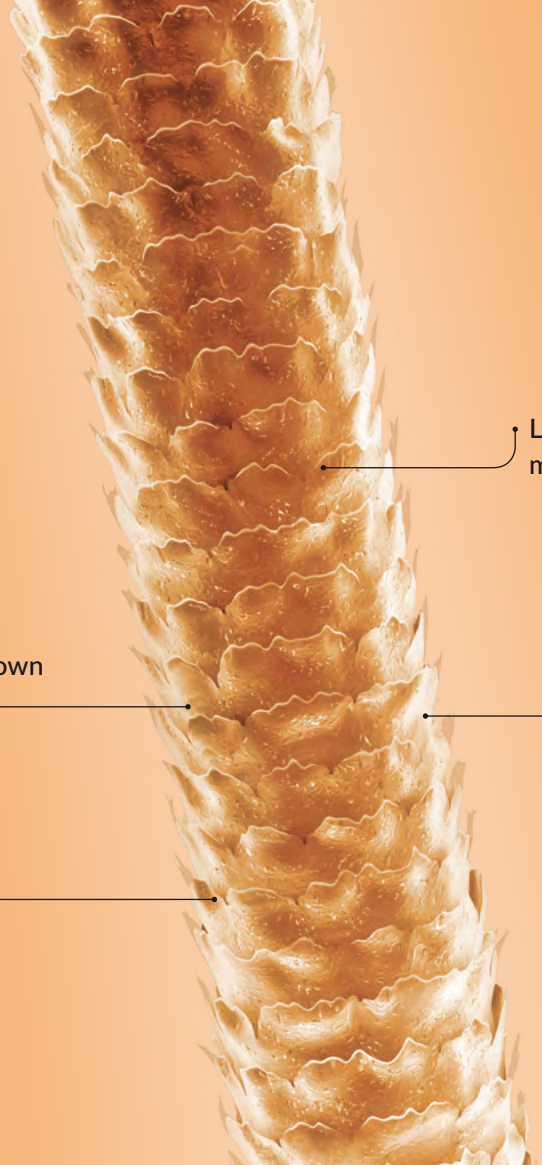
- **SERUM FOR HAIR ENDS** 40 ml
  Provides comprehensive protection and adds shine to your hair ends.

MEDIUM POROSITY HAIR

Medium porosity hair type is the most common one. Usually wavy, not too dry or too rough, but not as smooth as low porosity hair. It can be a bit frizzy. Medium porosity hair does not require washing too frequently. Drying time is normal, not too long or too short. It is easy to style and it absorbs hair products readily.

CHARACTERISTICS

Cuticles are slightly tilted from the hair shaft, so medium porosity hair easily absorbs monosaturated fatty acids from omega 7 and omega 9 group (oils with medium-size particles).



Low resistance to mechanical damage

Easily weighed down

Relatively fast to dry

Wavy, slightly frizzy

PRODUCTS FOR MEDIUM POROSITY HAIR

- **HOT OIL TREATMENT** 100 ml
  Deeply regenerates, regulates sebum production, restores vitality and shine, boosts hair growth.
- **FOAM SHAMPOO** 200 ml
  Deeply cleanses, softens, detangles, moisturizes and strengthens hair.
- **HAIR MASK – EMOLLIENT SERIES** 200 ml
  Particle size: small & medium - adjusted to medium porosity hair. Creates protective layer and maintains appropriate hydration level, without weighting the hair down.
- **HAIR MASK – PROTEIN SERIES** 200 ml
  Particle size: small & medium - adjusted to medium porosity hair. Deeply moisturizes and strengthens hair, leaving it bouncy and smooth.
- **SERUM FOR HAIR ENDS** 40 ml
  Moisturizes, restores shine, leaves hair bouncy, strong and nourished.

HIGH POROSITY HAIR

High porosity hair is the most difficult one to tame. Hair cuticles are irregularly placed and open. It is relatively fine and gets damaged easily. High porosity hair is usually curly and frizz-prone, especially in high humidity, but it's easy to define the curls. It does not require frequent washing and it dries out fast.

CHARACTERISTICS

High porosity hair easily absorbs water, oils of large particles and nourishing ingredients. It is recommended to use the CG method for washing (conditioner – shampoo – conditioner).

Dries very fast

Very prone to mechanical damage

Easily heat styled

Typical for hair that were brightened, styled, curled.

HIGH POROSITY HAIR

- **HOT OIL TREATMENT** 100 ml
  Moisturizes and creates protective layer. Restores hydro-lipid scalp balance, prevents hair loss, leaves hair bouncy, shiny and easy to style.

- **FOAM SHAMPOO** 200 ml
  Gently cleanses, hydrates, maintains hair in perfect condition. Protects, strengthens, increases its flexibility.

- **HAIR MASK – EMOLLIENT SERIES** 200 ml
  Particle size: big - adjusted to high porosity hair. Maintains appropriate hydration level, protects against damage and prevents frizz.

- **HAIR MASK – PROTEIN SERIES** 200 ml
  Particle size: big - adjusted to high porosity hair. Regenerates, leaves hair healthy and shiny.

- **SERUM FOR HAIR ENDS** 40 ml
  Leaves thin and brittle hair bouncy, shiny, easy to style and detangle.

PRODUCTS FOR HAIR OF DIFFERENT POROSITY

- **HAIR GEL BASE** 100 ml
  Moisturizes hair and scalp. Hair retains moisture inside, preventing dryness. Thanks to the content of nourishing ingredients, it makes hair shiny, easy to style and detangle.

- **HUMECTANT HAIR MASK** 200 ml
  Deeply moisturizes and protects hair against damage. It is a versatile product that can be used for any hair type. It leaves hair shiny, soft, smooth and easy to detangle.

- **SCALP SERUM** 100 ml
  TMS Scalp Serum with ALMONDERMIN™ rich in plant extracts (i.e. aloe, oat seeds, saw palmetto and avocado). It strengthens the hair follicles, improves the condition of the scalp and reduces inflammation to stimulate hair growth and reduce hair loss.

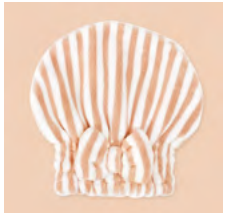
CURLY HAIR

- **CURL ACTIVATOR CREAM** 150 ml
  It deeply nourishes the hair, emphasizes its natural curl and tames unruly strands. The creamy formula enriched with linseed oil, grape seed oil, linseed extract and shea butter moisturizes, strengthens and smoothes the hair, preventing it from frizzing.

- **CURL BOOSTER** 150 ml
  The gel formula boosts the natural curl of the hair without overloading the strands. Developed on the basis of linseed and chia seeds extracts, it nourishes, smoothes, improves elasticity and restores healthy appearance of the hair. The composition enriched with propanediol, sorbitol and panthenol not only softens and moisturizes the curls, but also prevents their dehydration.

HAIR ACCESSORIES

- **Cotton hair towel**
- **Microfiber hair towel**
  white-pink
  grey-pink
- **Microfiber hair cap**
  pink
  grey
  orange
  violet



FIND OUT YOUR HAIR POROSITY TYPE

Quick Quiz

Glass of water test

TRUST MY
sister
SERUM
FOR HAIR ENDS
low porosity hair
włosy niskoporowate
Main ingredients:
coconut oil, baobab oil,
step 4
TRUST MY
sister
high porosity hair
włosy wysokoporowate
Main ingredients:
grape seed oil, soybean oil,
step 4
TRUST MY
sister
TRUST MY
sister

TRUST MY
sister

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