



# Serenità / Serenity Touch: Ayurvedic Oil for Scalp and Hair

**Serenità** is an Ayurvedic treatment oil designed to rebalance the scalp and restore strength to the hair fibre. When the scalp feels tense or dry, when hair becomes finer or starts thinning, or when you want to preserve the vibrancy of your natural colour, this oil provides deep care and long-lasting nourishment.

## What does Serenità / Serenity Touch do for your hair?

Inspired by traditional Ayurvedic practice, Serenità works to condition the scalp, improve elasticity, and stimulate microcirculation around the hair follicle. It supports healthy roots, reinforces fragile or damaged strands, and helps maintain the natural shade and shine of your hair.

## How to use Serenità

**Serenità** doesn't work like a cream or a mask, but it is a true **integrative treatment**.

For deep treatment: To use, apply the oil on dry hair, gently massage the scalp, and distribute through to the ends. Leave on for the recommended time, then cleanse with a mild shampoo. Ayurvedic herbal oils should always be used on dry hair and thoroughly washed out after the resting period to maintain balance and hydration.

Herbalised Ayurvedic oils must always be applied to **dry hair**, left on for the suggested time. Afterwards, wash with your usual **gentle shampoo**, as shown in my video (*How to wash your hair after treatment*).

## Additional benefits of Serenità / Serenity Touch

- ❖ **Hair loss:** Serenità is also beneficial when hair loss is connected to specific imbalances identified in Ayurveda (Vikriti). It can be combined with complementary Ayurvedic treatments or natural remedies as part of a holistic approach to hair and scalp care.
- ❖ **Suitable for all seasons,** Serenità helps to protect the scalp from environmental stress and dryness. When massaged into the scalp, it delivers an immediate sense of calm and relaxation, promoting regeneration and overall vitality.
- ❖ **Seasonality:** Suitable for use in all seasons.
- ❖ **Peace and relaxation:** Massaged into the scalp, it brings an instant sense of peace and wellbeing, vital for regeneration.

**Serenità / Serenity Touch: Medicated oil that nourishes, from root to tip.**