



Nourishing Cream-Oil

The Guide On Getting The Best Use
From Your Nourishing Cream-Oil





A note from Sess Lee.

First, thank you. You ordered the [Flourish Nourishing Cream-Oil](#), and I'm so glad it found its way to you. This guide is my way of welcoming you in.

Flourish was built for the hair that always seems to be thirsty. The coils that drink up product and still feel dry by morning. The strands that need extra care to feel soft. The curls that never quite hold the way you want.

This guide walks you through everything about your Cream-Oil: what it is, how to use it, how to pair it, and where it really shines. Read it once, save it for reference, send it to a friend.

Welcome in.

Founder & CEO of Flourish Curls

I

Meet Your Cream-Oil

The [Flourish Cream-Oil](#) is creamy when cool, silky oil when warm. Our transformative formula shifts from a cream to an oil based on temperature. Designed to soften the hair and scalp, deeply nourish every strand, and lock in moisture so it stays where it belongs. It also reduces breakage and adds shine. Use after your leave-in conditioner, before your styler. You'll feel a difference after the first use.

STYLE RESULTS

- Softer Ends
- Scalp Care
- Sealed Moisture

What It Does

Adds deep softness to hair and scalp. Smooths the cuticle so styles look polished. Locks the moisture from your leave-in into the hair so it stays soft from wash day through the next style.

Who It's For

Anyone whose hair feels thirsty no matter what they do. Loved by mothers caring for their daughters' tightly coiled hair, anyone wearing protective styles, and anyone whose ends could use a little more love.

Soft, sealed moisture, every strand of the way.

II

The Basics: How to Use It

The [Flourish Cream-Oil](#) has a personality. Here's everything you need to know so you and your bottle become best friends from day one.

1. Shake Test

Before you pump, give the bottle a quick shake. If you hear liquid sloshing, your Cream-Oil is in oil form. Pump slow. If you press too fast, it will shoot. Take your time the first few uses and you'll find the rhythm. If it sounds thick and quiet when you shake it, your Cream-Oil is in cream form. Pump normally and a soft cream will come out.

UNDER 76°

CREAM FORM

Soft, whipped texture. Easy to scoop or pump. Great for sectioning through damp hair.

OVER 76°

OIL FORM

Smooth, fluid texture. Slides through hair quickly. Great for ends, refreshes, and quick application.

2. Store It With Intention

Keep it cool for cream consistency. Leave it at room temperature or warmer for oil consistency. Warm the bottle in hot water for a few minutes anytime you want it to return to its oil form faster.

3. When In Your Routine

Apply after your leave-in conditioner on damp hair, section by section, before styling products. Don't skimp, every strand should feel coated. While the [Cream-Oil](#) is most commonly used before styling, it can also be applied to the ends as a finishing step to add softness and shine, depending on the style.

Key Point

Don't be afraid to be generous. The most common mistake people make with the [Cream-Oil](#) is using too little. The formula is concentrated, but your hair should feel thoroughly coated strand by strand. If your hair feels dry an hour after application, you didn't use enough. Section your hair, work it through, and trust the formula.

III

The Combinations: How to Pair It

The [Flourish Cream-Oil](#) works hard on its own, but it works hardest as part of a routine. Here are the three combinations we use most often in the salon.

Combination 1:

THE MOISTURE SANDWICH:

The foundation of every wash day at Flourish.

1

LEAVE-IN

Water based, on damp hair. [Mizani Miracle Milk](#) is our favorite.

2

CREAM-OIL

Section by section.
Nourishes and locks the leave-in moisture in.

3

BUTTER

The final seal. Whatever is underneath stays where it belongs.



IN THE SALON

Two strand twists, finished with the Moisture Sandwich.

Want to learn more about moisture retention? Download our [Complete Guide to Moisture](#).

Combination 2:

LEAVE-IN → FOAM → CREAM-OIL ON ENDS

Soft defined twist outs, braid outs with shine, and rod sets with added moisture and softer ends. The Flourish Foam delivers light hold while the Cream-Oil softens and seals as you twist.

Combination 3:

LEAVE-IN → CREAM-OIL → STYLING PRODUCTS

(FOAM, BUTTER, GEL)

Maximum moisture combo. Ideal for long-term protective styles, twists, flat twists, and hair that always feels thirsty. This is the routine to reach for when your hair needs everything you've got. The only exception is a washngo, as applying oil before the styling_products can interfere with hold and definition.

IV

Beyond Wash Day: Other Ways to Use It

The [Flourish Cream-Oil](#) isn't just for wash day. Here are the ways our salon team and our customers use it between styles, between washes, and beyond the hair.

- **Daily Scalp Moisture:** A small amount worked into a dry scalp. Soothes and softens between washes.
- **Silk Press Finish:** A small amount on your ends before wrapping or rolling at night. Adds shine, smooths flyaways, and protects through the night.
- **Sealing Between Styles:** A pass over your ends to keep them soft and protected between washes.
- **Lashes & Makeup:** Gentle enough to remove lash strips and dissolve eye makeup.
- **Midweek Refresh:** Mix with your leave-in in your palms. Squeeze into braids or twists for soft maintenance.
- **Day 3 Shine:** A small amount smoothed over dry hair brings shine back and softens a cast.
- **On Skin:** Apply after your shower and before your lotion for lightweight moisture without a greasy feel.
- **Hot Oil Treatment:** Warm the bottle in hot water. Apply generously, sit under a warm towel or hooded dryer for 20 minutes.

Key Point

Skip the Cream-Oil under a hard hold washngo. [Gel](#) is hair glue. Oil under your gel breaks the cast, leaving you soft and undefined. Save the oil for damp hair before twists, braids, flat twists, blow dries, or for midweek maintenance. That's where it shines.



DAY 3 SHINE

A small amount, smoothed over, brings the shine back.

Final Note

Healthy hair starts with consistent care. Keep this guide handy as your go-to resource for the [Flourish Nourishing Cream-Oil](#), with tips on how to use it, pair it with other products, and maximize its moisture, softness, and shine benefits.

Shop Our Perfect Pairing Products:

- [Moisture Butter](#)
- [Moisturizing Gel](#)
- [Styling Foam](#)
- [Complete Moisture Bundle](#)

For best results, incorporate the [Flourish Cream-Oil](#) into your regular hair care routine. With the right products, consistent care, and a little patience, healthy, thriving hair is within reach. We're here to support you every step of your healthy hair journey.

Happy Growing!

Join the Next Challenge

Want more on how to better care for your hair this summer? In-depth videos and PDFs are waiting.

Join our Email List

A summer full of tips, discount codes, and first dibs as a Flourish Insider.

Book An Appointment

Ready to flourish? Book your appointment with one of our curl specialists.