Claims

1. A method for treating hair, comprising the following steps (i) to (iii):

step (i): a step of applying a first composition comprising carboxylic acid having an inorganic value of 250 or more and 450 or less and an organic value of 50 or more and 250 or less, or a salt of the carboxylic acid, as a component (A), to hair,

step (ii): a step of leaving the hair, to which the first composition has been applied, at a temperature of 15°C or higher and 100°C or lower for 15 seconds or more and 60 minutes or less, and

step (iii): a step of applying a second composition comprising aromatic sulfonic acid or a salt thereof having a molecular weight of 300 or less, as a component (B), to the hair after completion of the step (ii);

wherein the method does not comprise a step of applying a reducing agent to the hair.

2. The method for treating hair according to claim 1, which comprises a step of rinsing the hair after completion of the step (iii), and further comprises the following step (iv) between the step (iii) and the step of rinsing the hair:

step (iv): a step of leaving the hair, to which the second composition has been applied, at a temperature of 15°C or higher and 100°C or lower for 1 minute or more and 60 minutes or less.

3. The method for treating hair according to claim 1 or 2, wherein the amount of an organic solvent (D) represented by the following formula (D-1) in the first composition is less than 5% by mass:

R^2-$(OCH_2CH_2)_q$-R^3 (D-1)

9. The method for treating hair according to any one of claims 2 to 8, wherein the temperature at which the hair is left to stand in the step (iv) is 15°C or higher and lower than 30°C.

10. The method for treating hair according to any one of claims 2 to 8, wherein the temperature at which the hair is left to stand in the step (iv) is 30°C or higher and 100°C or lower, and the leaving time is 1 minute or more and 30 minutes or less.

11. The method for treating hair according to any one of claims 1 to 10, which does not comprise a step of applying a hair treatment agent having a pH value of 12 to 14 to the hair.