

ABSTRACT

The invention relates to a hair treatment method for treating hair by using a hair treatment tool (1). The hair treatment tool (1) includes: a fiber structure member (5) that retains a hair cosmetic; and a liquid-impermeable sheet (3) to which the fiber structure member (5) is fixed. The fiber structure member (5) retains a hair cosmetic that includes a pigment and a film-forming resin, and is sealed in a packaging (2). The hair treatment method of the invention treats hair by: exposing a surface of the fiber structure member (5) of the hair treatment tool (1); and bringing the fiber structure member (5) into contact with hair, and in this state, moving the fiber structure member (5) in a direction of orientation of the hair.