

No more bad hair days

Healthy hair means a healthy look. If your hair isn't right it can ruin your overall appearance. Taking good care of your hair is just as important as taking good care of any other part of your body.

The haircut, care and styling advice here will help you get the best possible results for your tresses and keep you feeling confident.

How to get the most from your stylist

Choose a hairstyle according to your face shape and the texture of your hair. What looks good on one person can be disastrous on another. If you have seen in a magazine the style you want, take the picture along and show your stylist. They can then advise you how the style will work with your hair type and face shape.

Be precise about what you want and don't be afraid to interrupt if things are not going the way you want them to. Watch closely as your hair is styled by the professional, this way you have more chance of knowing exactly how to recreate the same look at home.

If you are not happy with your cut, let it be known so your stylist has the opportunity to correct anything you are not happy with or make a follow up appointment.

Have your hair trimmed on a regular basis (every 6-8 weeks) to avoid split ends and fly-aways.

Wash and condition your hair properly

It is important that hair is washed and conditioned gently using the right amount shampoo and conditioner for your hair. It is also good to use the best quality products you can afford. A professional range is optimum. A lot of common problems are caused by not washing and conditioning hair properly.

Shampooing:

You need to completely saturate the hair with water. Run your fingers through your hair to make sure the water penetrates to the scalp. Next, you need to use the right amount of shampoo. Most package directions for shampoo call for a 2.5cm circle amount.

These instructions are intended for hair of average length - somewhere between chin and shoulder length. If you have really short hair you should use a little less. If you have longer hair use more.

Rub the shampoo between your palms and apply it to the scalp.

Massage the scalp and shampoo until the shampoo forms lather, running your fingers through your hair to distribute the lather evenly. Then rinse your hair completely (until the water runs clear). Repeat the process if necessary.

Conditioning:

Using the right conditioner with the proper amount is important. As with shampoo, the right amount depends on your hair length.

Before applying the conditioner to your freshly shampooed hair, you'll want to squeeze out the excess water from your hair, especially if your hair is long.

Apply the conditioner to the palm of your hand and rub your hands together to spread it. Then apply the conditioner to your hair using a stroking motion. Work your fingers through your hair to "comb" it through - from the scalp to the ends.

Most conditioners have an instant effect now, so there is no need to leave it on for any length of time. Rinse it thoroughly from the hair. Again, while rinsing, run your fingers through your hair to make sure to remove all the residual conditioner, especially at the scalp, otherwise it could result in an oily look when the hair is dry.

It's always important to completely rinse shampoos and conditioners from the hair after using them.

Drying:

Now we come to the step where most people do the most harm to their hair. When the hair is wet, it is most vulnerable to stretching and breakage. To properly dry the hair, you should first squeeze out the excess water.

Next take your towel and lay it over the head and blot the water from the hair by pressing the towel to the scalp and squeezing the hair length between the folds of the towel. Never rub it vigorously. Use a wide-tooth comb, working from the ends of the hair upward to comb out the damp hair until it is smooth.

It's always recommended that you use a wide-tooth comb to detangle damp hair. Never brush wet hair.

Hair care tips and advice

Oily hair

Oily hair often looks good for a day or two after shampooing but then quickly becomes lifeless. Hair groups together in unattractive strands and the head feels dirty.

Keep oily hair clean. That means shampooing every day at least once.

Don't forget, if you exercise vigorously and sweat a lot, you may need to shampoo twice a day.

Use a good cleansing shampoo and conditioners sparingly. A mild finishing rinse made for oily hair will help with combing.

Dry hair

Dry hair can be difficult to control after shampooing. It often looks dull and has ends that are dry and split. Even just before shampooing the ends look dry. The head too feels dry and sometimes itchy. Dry hair breaks off very easily.

Dry hair lacks sufficient natural oils. To care for dry hair, you'll want to preserve the natural oil it has and add moisture with specially formulated dry hair remedies. Don't forget to condition dry hair often, especially when hot combing or blow drying.

Avoid too-frequent chemical treatments, which can be overly drying to oil-deprived hair.

Shampooing dry hair every day is not necessary. Women with very coarse, dry, or super curly hair may only need to shampoo once a week to maintain a fresh look. When you do shampoo, choose a moisturising shampoo.

Thick hair

Most people who have thick hair like the thickness, though combing can sometimes be a challenge. Use a finishing-rinse conditioner with silicone as an ingredient or use a leave-in treatment. If you have a lot of thick hair, it's important to get a good haircut so that it complements the proportions of your face.

Thin hair

A major complaint with thin hair is its *limpness*. To help avoid the thin hair limp look, especially on damp days, try styling products that build volume in thin hair without weighing the hair down. Using hair colour also helps to add volume, as hair

colour actually contains properties that slightly puff up each strand to help it look fuller.

Frizzy hair

Frizzy hair is often naturally curly, coarse, or damaged. Almost everyone has a frizz attack at one time or another, usually when the weather is wet and rainy. Even a little humidity in the air can make straight-and-smooth blow dry style frizz up instantly! There are many hair care products available designed to control damaged or frizzy hair. You should ask your stylist which is best for your hair.

Split ends

The truth is that trimming your hair anywhere along the hair shaft will give you a clean, even look. But cutting away split ends that occur above the ends of the hair may still leave damaged hair, making splits worse rather than better.

The hair tends to abrade even more, resulting in another dreaded split end.

Prevent split ends altogether by caring for hair with the right conditioning and care regimen, and have hair ends trimmed regularly (every 6-8 weeks).

Dry/Flaky scalp

If you have a dry or flaky scalp it could be for a variety of reasons. Changes in weather climates can affect scalp moisture. Winter produces a dry climate in houses and the cold air outside makes skin chapped.

Every time you shampoo and condition your hair, make sure you rinse thoroughly to ensure there is no product left in your hair. Products not properly rinsed out can be a single cause of flaking. Avoid styling products that contain alcohol and use hair spray sparingly.

Remember, a healthy diet will always improve the health of your hair.

If you follow this advice, your hair will remain a wonderful feature and reflect the real, unique you. Hope this helps

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