



# Post-Care: Haircuts & Hair Trims

The health of your hair is our **top priority**—and proper care starts the moment you leave the salon. Follow these aftercare tips to maintain your haircut, promote hair health, and extend the life of your style.

## How Often Should You Get a Haircut?

Keeping up with trims is essential—even when growing your hair out.

- **If using heat when styling, or growing your hair:** Every **6–8 weeks**
- **If you rarely use heat styling:** Every **8–12 weeks**
- **Short cuts or precise styles:** Every **4–6 weeks**

*Regular trims prevent split ends, promote healthy growth, and keep styles sharp—think of them like pruning a plant or routine dental checkups for your hair!*

## Shampoo & Condition

Use **sulfate-free and paraben-free products** to protect your hair and color.

**Recommended brands:**  
**OYA, Milk\_Shake, Trissola & More**

### Shampoo Tips:

- Wash hair **twice**:
  - First wash removes oil & buildup.
  - Second wash cleans the scalp and lathers more.
- Use **cool to lukewarm water** to avoid dryness and color fading.

### Conditioning Tips:

- Focus on **mid-lengths and ends**.
- Leave on for **2–3 minutes**, then rinse thoroughly.

## Weekly Hair Treatments

Hydrate, strengthen, and preserve your color—especially in dry climates like Arizona.

- Use a mask weekly or bi-weekly.

- Apply to shampooed hair, leave for **3–5 minutes**, rinse well.
- **Salon deep conditioning treatments** available monthly.
- **Try: OYA Treatment, Trissola Hydrating Mask**, or add **OYA Elixir** to your shampoo/conditioner for extra repair.

## Drying & Styling Tips

### Drying:

- Air dry or use a microfiber towel/cotton t-shirt.
- Avoid rough towel drying—it causes frizz and breakage.

### Leave-In Conditioner:

- Restores hydration post-shower.
- Helps with detangling, frizz, shine & styling.
- Apply to damp or dry hair, comb through.

### Heat Styling:

- Always use a heat **protectant** (like **OYA Shield**).
- Keep tools at **300–360°F**.
- Use different products for **roots, mids, and ends** depending on hair needs.

## Sun & Environmental Protection

### Sun Damage:

- Use leave-in products daily to protect from UV and dryness.
- Look for ingredients like **Hydrolyzed Silk** and **Provitamin B5**.

### Swimming:

- Wet hair & apply leave-in conditioner **before** swimming.
- Rinse hair after and use a gentle **clarifying shampoo** like **OYA Clarity**.

## Bonus Care Tips

- **Shampoo Frequency:** Skip daily washing to reduce color fading. Use **dry shampoo** between washes for oil control and volume.
- **For Blondes:** Hard water may cause brassiness—use a **color-correcting shampoo once a week**.
- **Brushing:** Detangle **before washing**, and avoid brushing when dry (unless styling).