

# Post-Care Instructions

## Curly Haircuts & Trims

The health of your hair is our top priority. So, we assembled the following aftercare tips for your haircut and trim to help your hair service last longer.

- **Use a “sulfate-free” shampoo and conditioner.** The main purpose of shampoo is to remove environmental dirt and oil from the surface of the hair and scalp. With conditioner, its purpose is to condition and smooth the hair cuticle rather than cleansing the hair strands. Mechanical, environmental, and chemical damage will cause the hair to look dull, frizzy, and tangled. The upshot to using professional shampoo and conditioner is it will increase shine, reduce frizz and static, as well as help to manage split ends—so your hair is easier to style. We recommend OYA, Trissola, milk\_shake, or Bellami (for hair extensions) hair products.
- **Go easy on the heat.** Styling with tools—blow-dry, flat iron, curling iron and wands— will draw out moisture, leaving your hair weak, dry, and possibly brittle.
  - ▲ Always use a thermal protectant like **OYA Shield** before you style and use tools at the lowest setting possible (300-360 degrees).
- **Deep condition your curls.** In the dry Arizona environment, your hair needs an extra “boost” to keep it hydrated and strong. Weekly deep conditioning at home is recommended. We recommend **OYA Treatment** or **Trissola Hydrating Mask** to help keep the hair healthy. If you prefer, you can schedule a [Deep Conditioning Treatment](#) once per month at the Salon as an alternative option.
- **Hair boosting additive.** For dry hair, **OYA Elixir** has been developed to protect and penetrate the hair, and reconstruct chemical, environmental, and mechanical damages from within. Add a couple drops of this to your shampoo, conditioner, or deep conditioning treatment
- **Get your hair curls cut regularly, even if you are growing it out.** A haircut every 4-6 weeks is needed for those who use hot tools to style their hair, and 8-12 weeks for those who do not use hot tools. This is to prevent split ends and allow your hair to grow out healthier and fuller. ▲ Regular haircuts are as important as getting regular dental check-ups.

### 1<sup>st</sup> – Shampooing

- Use a sulfate-free and paraben-free shampoo. We recommend the brands OYA, Trissola, milk\_shake, or Bellami (for hair extensions).
- Shampoo your hair twice each time you wash it. The first application will clean the hair of oil and dirt. For the second application, use less shampoo; you’ll notice the second application will lather much greater than the first time. This means your scalp is clean.

### 2<sup>nd</sup> – Condition

- Use a sulfate-free and paraben-free conditioner. We recommend the brands OYA, Trissola, milk\_shake, or Bellami (for hair extensions).
- Apply to mid-length and ends, we suggest using a wide tooth comb in the shower to remove tangles, leave on for 2-3 minutes, then rinse completely.

### **3<sup>rd</sup> – Treatment weekly/ bi-weekly/monthly**

Deep Conditioning Treatments are suggested to moisturize, strengthen, and nourish dry, coarse, color-treated hair, while preserving color vibrancy.

Apply to freshly shampooed hair. Massage the recommended amount into damp hair from root to ends. Leave in 3-5 minutes. Rinse.

### **4<sup>th</sup> – Curl Bundling, Plopping or Scrunch**

While the hair is wet out of the shower, applying Leave-in Conditioner is suggested to rehydrate your hair. Even though you used conditioner after you shampooed, the act of rinsing the conditioner with water may leave the hair dehydrated. Leave-in conditioner protects color radiance, intensifies shine, controls frizz and flyways, and adds a subtle fullness to each strand while detangling.

Mist on clean, damp hair in sections prior to adding a curl cream, mousse, or gel.

When styling, keep in mind **there are 3 sections to your hair – the roots, mid-shaft and ends**. Each of these sections may require different styling products.

### **Sun Protection**

While the sun might naturally lighten your hair, it can also damage and dehydrate your hair. Using a leave-in conditioner, thermal protectant, and dry conditioner each day will protect hair from environmental heat. Hydrolyzed Silk and Provitamin B5 help hair retain moisture, building strength and resilience.

### **Misc. information**

- ▲ **Water temperature:** Wash your hair with cool to lukewarm water. Hot water is more likely to dry out hair and strip out color.
- ▲ **Shampoo frequency:** To reduce daily shampooing, you can just rinse your hair with water in the shower without applying any shampoo. Use a dry shampoo in between washes to soak up oil and improve shine. Apply a leave-in conditioner and style as normal.
- ▲ **Swimming & Chlorine:** Avoid swimming in chlorinated pools when you can. If you do take a dip, wet your hair and spray it with a leave-in conditioner before diving in. Wash hair after swimming with a gentle clarifying shampoo. We recommend **OYA Clarity**, it is safe for daily use.