



PERMS - AT HOME CARE

1st - BRUSHING:

 Do not brush or pull hair for 48 hours. Use a wide tooth comb or a pick when hair is wet to untangle your hair. The more you brush or run your fingers through your hair, the bigger your hair will become. When you brush or run your fingers through your hair you separate the curl and will create big, fluffy hair.

2nd - WASHING:


SHAMPOO:

- o  Wait 48 hours before shampooing your hair, and DO NOT stand under a shower head for 48 hours. Doing so will weigh down the crown area of your hair and pull the curl out or relax the curl.
- o Within the first 48 hours period, you may wet your hair with a spray bottle, or scrunch with water.
- o After the waiting time is up, you may shampoo regularly for your hair type (remember to think of your hair as curly and chemically treated now). Remember to 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.
- o Use a sulfate-free and paraben-free shampoo. We recommend **Trissola Hydrate Shampoo**.


CONDITION:

- o Always condition your hair. Curly hair tends to be drier because the serum does not flow down the hair shaft as quickly, and chemically treated hair tends to become dry. So, using a professional conditioner is very important.
- o Use a sulfate-free and paraben-free conditioner. We recommend **Trissola Hydrate Conditioner**.
- o Apply conditioner from mid-shaft down to the tips of your hair and leave on for 2-3 minutes.
- o Rinse completely.

3rd - DRYING:

-  **Do not use a blow-dryer for 48 hours. The heat will open the cuticle and relax your curl.**
- Towel dry your hair using the scrunching method to dry your locks
 - To keep your curls from becoming dry and frizzy, spray on a leave-in conditioner after you towel dry your hair. Run your fingers through your hair to distribute the leave-in conditioner evenly.
 - After 48 hours you can use a blow-dryer, but the use of heat protectants, as well as treatment oils from mid-shaft to ends, is recommended to protect your hair. We recommend **OYA Shield** heat protectant and **OYA Elixir** treatment oil.


4th - STYLING:

-  Do Not use a flat iron or curling iron for the first 48 hours after service. Again, the heat will open the cuticle and relax your curl. When you do use an iron, you may use a temperature at the lowest setting possible as long as proper heat protectants like **OYA Shield** are applied before styling.
- Use a texture spray or curl fixative to keep the curls tight and defined. We recommend using **OYA Textyle** and **Trissola Curl Cream 5-1**.

PRODUCTS:

Use professional grade products recommended by your Stylist to maintain the health of your natural hair. Over the counter products are not designed to work with chemically treated hair and can dehydrate the hair. Another upshot to using professional shampoo and conditioner is it will increase shine, reduce frizz and static, and help manage split ends—so your hair is more hydrated and easier to style.

SWIMMING:

-  Avoid getting into a swimming pool or hot tub for 7 days. Chemicals in pools and hot tubs will change the chemical structure of your hair. Even if you do not plan on getting your hair wet, the heated water evaporates, and the condensation contains chemicals that will absorb into your hair shaft.
- After 7 days, before you go swimming, wet your hair with fresh tap water and apply leave-in conditioner.
- Tie in a loose ponytail or braid.
- Once you are finished swimming, rinse your hair with fresh water and spray with leave-in conditioner again.

COLORING:

Coloring hair may be done 7 days after your Perm service has been completed.

