



THE BLONDE LIFE

Whether you have achieved your ultimate goal blonde or are somewhere in the process of the journey, this sheet will tell you everything you need to know about caring for your lightened locks.

TONERS: Today I used a toner to adjust the shade of your hair after it was lightened. This is a color and it will fade back to the undertone of the hair. Most toners last between 10-25 washes. It is important to follow the aftercare detailed here to maximize the life of your tone. If your hair starts to look brassy or dull you can schedule a gloss treatment (without another lightening session) to refresh it.

WASHING: It is important to choose a gentle shampoo and a moisturizing conditioner for washing your color treated hair. This will maximize the life of your toner as well as prevent your processed hair from becoming overly dry. You can use a dry shampoo on the roots/scalp to extend time between washes.

DEEP CONDITIONING: Lightened hair suffers moisture loss, so using good conditioning products is imperative. I recommend a normal conditioner after every wash, but also some type of deep conditioning treatment may be necessary once a week for extra nourishment.

SMARTBOND: No. 3 is strongly recommended for home use. Shampoo as normal and replace your normal conditioner with Smartbond. I recommend use every 3rd shampoo or roughly once a week, depending on your wash schedule. This will help strengthen and moisturize your hair as well as add shine.

HEAT: Can compromise your hair and fade color. Keep the temperature on hot tools at 350 or less, use tools with a temperature gauge, and choose tools made of tourmaline or titanium as they heat more evenly and glide over the hair more smoothly than ceramic plated tools. Use a heat protectant every time to minimize the damage and reduce fading.

SUN/TANNING BEDS: UV rays can further damage highly processed hair. Use a UV protectant styling product when possible, but ideally avoid prolonged exposure and/or keep hair covered with a hat, bandana, cap, etc.

SWIMMING: If you go in pools, lakes, oceans, or hot tubs, try to keep your hair out of the water with a braid, ponytail, hat, swim cap, etc. If you cannot, first wet it with clean water and use a leave-in conditioner to fill your strands so they can't absorb as much of the 'bad' water. Chemicals, salts, etc. can damage the hair and strip and/or change color. The most common for blondes is a green tint. Home remedies such as ketchup, soda, baking soda etc. should be avoided due to harsh pH and inefficiency at solving the problem. If you need this type of build up removed, you will need a chelating treatment to break the ionic bond of the minerals. I offer Malibu Crystal Gel treatments for this. They are gentle and effective.

Recommended maintenance:

4 weeks

6 weeks

8 weeks

12 weeks

Product Recommendations For You

Shampoo/Conditioner:

Heat Protectant:

Styling Products: