

**BLENDSTUDIOO**

# HAIR COLOR AFTERCARE GUIDE

## ✓ DO'S (What to Follow)

- Wait **48 hours before first wash**
  - Use **sulfate-free, color-safe shampoo**
  - Wash hair with **lukewarm or cool water**
  - Apply **conditioner after every wash**
  - Use **deep conditioning / hair mask 1–2 times a week**
  - Use **leave-in conditioner / serum** to reduce dryness
  - Apply **heat protectant** before styling
  - Limit use of **straighteners, curlers, blow dryers**
  - Protect hair from **sun exposure (use scarf/hat/UV spray)**
  - Oil hair lightly (1–2 times a week) if recommended
  - Use **wide-tooth comb** on wet hair
  - Pat dry gently (no rough towel rubbing)
  - Sleep on **silk/satin pillowcase** (reduces frizz & breakage)
  - Trim hair every **6–8 weeks**
  - Follow **salon-recommended products only**
-

## **DON'TS (Avoid These)**

- Don't wash hair daily
  - Don't use **hot water**
  - Don't use **regular/sulfate shampoos**
  - Don't skip conditioner
- Don't overuse heat styling tools
- Don't go for **chemical treatments immediately** (rebonding, smoothening, etc.)
  - Don't expose hair to **chlorine water (swimming pools)** without protection
  - Don't tie hair too tight (causes breakage)
  - Don't scratch scalp aggressively
  - Don't apply random home remedies without consultation
  - Don't delay touch-ups for too long
- 

## **FIRST WEEK CARE (Very Important)**

- Avoid oiling for **first 3–5 days** (unless advised)
  - Avoid sweat-heavy activities (gym/steam/sauna)
  - Avoid rainwater exposure
  - Keep hair dry & clean
  - No tight hairstyles
-

## **HEAT & STYLING RULES**

- Always use **heat protectant**
  - Keep temperature **below 180°C**
  - Avoid daily heat styling
  - Air-dry whenever possible
- 

## **SWIMMING & SUN CARE**

- Before swimming: Apply **leave-in or oil**
  - Wear a **swim cap**
  - Rinse hair immediately after swimming
  - Protect from sun to avoid **color fading**
- 

## **OILING RULES**

- Use **lightweight oils only**
  - Avoid heavy overnight oiling frequently
  - Do not over-oil (causes color fading)
-

## ? COMMON FAQs

### Q. Why is my color fading fast?

- Frequent washing, hot water, wrong shampoo, sun exposure

### Q. Why does my hair feel dry?

- Color process reduces moisture → use masks & serums regularly

### Q. Can I oil my hair?

- Yes, but in moderation and after initial days

### Q. Can I use normal shampoo?

- No, always use **color-safe shampoo**

### Q. When should I touch up my color?

- Usually every **4–8 weeks** (depends on hair growth & color type)

### Q. Can I use henna/mehndi?

- Avoid unless discussed with your stylist (can alter color)

### Q. Is hair fall normal after color?

- Slight dryness-related breakage can happen → maintain hydration
-

## **WARNING SIGNS (Contact Salon If)**

- Excessive hair fall
  - Extreme dryness or roughness
  - Itching, redness, or irritation on scalp
  - Uneven color fading
- 

## **PRO TIP**

Less washing + right products = **long-lasting, shiny color**