

**BLENDSTUDIOO**

# HAIR BOTOX AFTERCARE GUIDE

## ✓ DO'S (What to Follow)

- Wait **24–48 hours before first wash** (as advised by stylist)
  - Use **sulfate-free, paraben-free shampoo**
  - Wash with **cool or lukewarm water**
  - Always use **conditioner after shampoo**
  - Apply **deep conditioning mask 1–2 times weekly**
  - Use **leave-in conditioner / serum** for smoothness
  - Apply **heat protectant** before any styling
  - Use **low heat settings** for tools
  - Air-dry whenever possible
  - Comb with **wide-tooth comb** (especially when wet)
  - Dry hair gently (no harsh towel rubbing)
  - Sleep on **silk/satin pillowcase**
  - Tie hair loosely while sleeping
  - Trim hair every **6–8 weeks**
  - Follow **salon-recommended products only**
  - Drink enough water (hydration reflects in hair health)
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## **DON'TS (Avoid These)**

- Don't wash hair daily
  - Don't use **regular/sulfate shampoos**
  - Don't use **hot water**
  - Don't skip conditioner
  - Don't overuse heat styling tools
  - Don't do **chemical treatments immediately** (color, rebonding, smoothening)
  - Don't oil excessively
  - Don't apply heavy or sticky products
  - Don't tie very tight hairstyles
  - Don't scratch scalp harshly
  - Don't use random DIY/home remedies
  - Don't ignore dryness or damage signs
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## **FIRST WEEK CARE (VERY IMPORTANT)**

- Avoid **oil for first 3–5 days**
- Avoid **sweat-heavy activities (gym, steam, sauna)**
- Avoid **rainwater & humidity exposure**
- Avoid **tight ponytails/buns**
- Keep hair **dry & frizz-free**
- Do not tuck hair behind ears repeatedly

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## **HEAT & STYLING RULES**

- Always apply **heat protectant**
- Keep temperature **below 180°C**
- Avoid daily straightening/blow-drying
- Prefer **air drying**
- Limit heat to maintain smooth finish

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## **SWIMMING & SUN CARE**

- Before swimming: Apply **serum/leave-in**
- Always wear a **swim cap**
- Rinse hair immediately after swimming
- Protect from sun (UV exposure causes dryness)

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## **OILING RULES**

- Start oiling only after **3–5 days (if needed)**
- Use **lightweight oil**
- Avoid heavy overnight oiling frequently
- Over-oiling can reduce smoothness effect

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## **? COMMON FAQs**

### **Q. How long does Hair Botox last?**

- Around **3–5 months** (depends on care & hair type)

### **Q. Can I wash hair frequently?**

- No, **2–3 times a week max**

### **Q. Will my hair become straight?**

- No, it reduces frizz & smoothens, not permanent straightening

### **Q. Can I color my hair after Botox?**

- Yes, but wait **at least 2 weeks**

### **Q. Why does my hair feel heavy/flat?**

- Product settling initially; improves after few washes

### **Q. Why is frizz coming back?**

- Due to wrong products, heat, or lack of hydration

### **Q. Can I oil my hair?**

- Yes, but lightly and not frequently

## Q. Is hair fall normal?

- Botox doesn't cause hair fall; dryness or breakage may occur if care is poor
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## **WARNING SIGNS (CONTACT SALON IF)**

- Excessive hair fall
  - Severe dryness or rough texture
  - Itching, irritation, or scalp discomfort
  - Results not lasting even with proper care
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## **PRO TIP**

- **Less heat + right products + gentle care = long-lasting smooth, frizz-free hair**