

BLENDSTUDIOO

NANOPLASTIA AFTERCARE GUIDE

✓ DO'S (Follow Strictly)

- Keep hair **dry for 24–48 hours** (as advised)
 - Use **sulfate-free, paraben-free shampoo**
 - Wash with **cool or lukewarm water only**
 - Apply **conditioner after every wash**
 - Use **deep hair mask (1–2 times/week)**
 - Apply **serum / leave-in conditioner** regularly
 - Use **heat protectant before styling**
 - Blow-dry in **downward direction** for smooth finish
 - Use **wide-tooth comb** on wet hair
 - Pat dry gently (no harsh rubbing)
 - Sleep on **silk/satin pillowcase**
 - Tie hair loosely (avoid friction)
 - Trim ends every **6–8 weeks**
 - Follow **salon-recommended products**
 - Maintain a **proper wash routine (2–3 times/week)**
-

✘ DON'TS (Avoid These)

- Don't wash hair too frequently
 - Don't use **sulfate / harsh shampoos**
 - Don't use **hot water**
 - Don't skip conditioner
 - Don't apply heavy oils excessively
 - Don't use salt sprays / harsh styling products
 - Don't expose hair to **chlorine (pool water)** without protection
 - Don't tie tight ponytails/buns
 - Don't sleep with wet hair
 - Don't use high heat tools daily
 - Don't do **chemical treatments immediately** (color, bleach, rebonding)
 - Don't ignore dryness or roughness signs
-

FIRST 3–5 DAYS (CRITICAL CARE)

- Avoid **water, sweat, steam, rain**
 - No gym / sauna / heavy workouts
 - Do not tuck hair behind ears repeatedly
 - Avoid clips, tight bands, helmets (causes dents)
 - If hair bends → **gently straighten with low heat**
-

HEAT & STYLING

- Always use **heat protectant**
 - Keep temperature **below 180°C**
 - Limit straightener/curler use
 - Prefer **blow-dry for natural smooth look**
 - Avoid over-styling
-

OILING RULES

- Start oiling only **after 5–7 days (if advised)**
- Use **lightweight oils only**
- Avoid heavy overnight oiling frequently
- Excess oil = reduces smooth effect

SWIMMING & SUN

- Apply **leave-in/serum before swimming**
- Always wear **swim cap**
- Rinse hair immediately after pool
- Protect hair from sun (scarf/UV spray)

COMMON FAQs

Q. How long will nanoplastia last?

- Usually **3–6 months** (depends on care & hair type)

Q. Can I oil my hair?

- Yes, but **lightly and not too often**

Q. Can I color my hair after nanoplastia?

- Yes, but wait **10–15 days** (consult salon)

Q. Why is my hair not pin-straight?

- Nanoplastia gives **natural smooth & frizz-free look**, not flat straight

Q. Can I tie my hair?

- Yes, but avoid tight styles initially

Q. Why is there slight frizz after some days?

- Due to dryness or wrong products → use mask & serum

Q. Can I use normal shampoo?

- **✗** No, only **sulfate-free**

Q. Is hair fall normal?

- Mild breakage due to dryness can happen → maintain hydration
-

! WARNING SIGNS (CONTACT SALON)

- Excessive hair fall
 - Extreme dryness or rough texture
 - Scalp irritation / itching
 - Loss of smoothness very जल्दी
-

💎 PRO TIP

- Right products + less washing = **long-lasting silky, frizz-free hair**