



Mane Way – Hair Care Tips: Discover your hair type, Determine its needs, and Maintain healthy hair.

Let's start with a perfect hair day...

It's salon day and you have just received a beautiful cut, colour, and style. It's a great day, right? But how do you maintain it at home?

Shampoo and conditioner are the foundation to a successful style, healthy hair, and long lasting vibrant colour.

Did you know...

WATER is one of the harshest elements on your hair?

Well, water *and* sweat so you want to keep your newly colored hair dry for **24 hours** after you leave the salon.

Have you ever thought, "*My hair never feels the same when I shampoo my own hair!*"

The reason, in part, is because the salon experience is luxurious: someone else is washing, colouring, treating and styling your hair for you. This doesn't mean that home care should feel like a chore. We know it's not your first time and it won't be your last - here is a quick reminder of how basic care can make a large difference.

Here is the **Mane Way** you should shampoo your hair:

Step 1 - Choose the correct salon professional products for your hair needs. Fine hair does not need the same product as coarse. Your product needs may be different from what your daughter or spouse needs, too. Choosing salon professional products will ensure proper upkeep. "Cheaper" product found elsewhere are just that...cheap ingredients that coat the hair strand to give a false feeling of health.



Step 2 - Lean your head under the water, try to focus on adding the water only to your scalp and not the length of the hair.



Step 3 - Begin with half dollar size amount of shampoo in your hand and rub your hands together

Step 4 – With the shampoo on your fingers rather than your palms, apply shampoo to the scalp only and massage to lather. (the first shampoo is meant to cleanse the scalp from any oils, debris and product build up) – If at first you don't lather, try, try again... Rinse and repeat until a frothy lather is achieved (sulfate free shampoos will lather less).

Step 5 – With the shampoo still on the scalp, add a small amount of water to the rest of your hair and massage product through the ends.



Step 6 – RINSE! Rinse hair thoroughly until there are absolutely no bubbles left.

Step 7 – Using your hands, gently ring out your hair. Why? See step 8

Step 8 – Towel dry your hair (meaning, there is still water present but it is not dripping)

Is your Conditioner the same product line as your shampoo?

Step 9 – Starting with a quarter to half dollar size amount of conditioner in your palm apply product to the ends of your hair working up towards the scalp. *Your scalp is not what needs the conditioner, your hair does.* Allow product to sit for 30+ seconds.



Step 10 RINSE! Again, rinse hair thoroughly until no product remains. Lastly, gently towel dry but avoid twisting and squeezing your hair.

Sure...you've done this before...many times. But as with all things bad habits can take over and complicate any attempt to easily style your hair. Shampooing every day isn't always necessary. In fact, hair may be easier to style or hold a style longer when it isn't freshly washed. Using styling products correctly can help maintain style without feeling heavy.

Allowing your hair to air dry a bit reduces damaging it with too much heat and pulling during the styling process. The products, type and size of brush, level of heat, and direction you blow the hair dry all impact the final look.



*From short hair to long...fine hair to course...get ready to learn the **Mane Way** to create curls, volume, shine, smoothness, discover multiple opportunities with hair extensions, and find the right tools you need to create a variety of styles at home so playing with your style is fun and easy!*