

47

H A I R
T I P S &
T R I C K S

**TO HELP ESTABLISH A
BEAUTIFUL HEAD OF HAIR**

DWAYNE PRESSLEY



Pre Service

*Before a service is performed the scalp should be checked for cuts, abrasions, or dandruff.

*If the scalp has cuts or abrasions then chemical services should not be performed

*If the scalp has dandruff, bring the dandruff to the surface (by lightly scratching with a fine tooth comb) before the hair gets washed (this only applies if a chemical service is NOT BEING PERFORMED)

Shampoo

(The following statement was taken directly from the e-book **What Your Hairstylist Doesn't Want You To Know** under "How To Shampoo")

*Rinse the scalp for 30 seconds to one minute, to remove surface dirt and dust. Apply shampoo to the scalp region. Next, place your fingers under the hair, not on top of the hair. Use the tips of your fingers (not the fingernails themselves) to massage the scalp and build up lather. Shampoo at least two to three times, rinsing the scalp and removing all traces of shampoo, each time.



*The type of shampoo selected should be based upon the condition of the hair and/or the texture of the hair (for detailed information pick up a copy of Products and Ingredients for Your Hair Texture found at <http://www.askdwayne.com/productsinghair2.html>)

*Shampoo at least once a week. The more physically active you are, the more you can shampoo (up to 3 times a week)

*When shampooing hair use the tips of the fingers to scrub the scalp not the fingernails or the top of your fingers.

*Be sure to lift the hair when rinsing the shampoo out (this helps remove all traces of shampoo)

*When hair is wet it is in its most fragile state. Be careful not to comb, brush or pull hair too harshly.

*For best results when shampooing, shampoo at least twice. You'll find in the second shampoo you'll need less shampoo to produce more lather.

Conditioning

*When conditioning the type of conditioner selected should be based upon the condition of the hair as well as the hair's texture (with the condition of the hair taking preference) for more information check out the e-book What Your Hairstylist Doesn't Want You To Know (found at <http://www.askdwayne.com/productsinghair2.html>)

*Deep Conditioning treatments on a regular basis are a MUST when you've had a color service performed

*If you've had dual chemical services performed (for example a color service, and you wear your hair relaxed) then deep conditionings are MANDATORY!!! (For more information check out the e-book What Your Hairstylist Doesn't Want You To Know found at http://www.askdwayne.com/products_what.html)

*Shampoos/Conditioners that use inferior products have a tendency to produce build up on the hair.

*Over time this build up hair will change in color (become lighter and lighter) due to lack of moisture, and become extremely dry/brittle

*Hair that contains product build up, may not process chemicals evenly or correctly (for example, relaxers not processing in places, colors not processing).

Color

*When choosing which colors will look best on you, take your natural color, your eye color, your skin tone and your season into consideration.

*The further away you deviate from your natural color, the more drastic your color will be.

*For more natural looking colors choose colors that compliment not only your skin tone, but the colors in your eyes as well.



*The time of year should play a role in your color selection as well. People usually go with lighter colors in the spring/summer time, darker colors (reds, browns) in the fall and even darker (dark browns, black) during winter.



*The closer you stay to your natural color. The longer you can go between touch up color services.

*Color enhanced shampoos are good (to help prolong your color) in between color services (until you see your professional stylist).

*Use a color enhancing shampoo between applications to enhance and maintain the color. Be sure to use the color shampoos regularly to maintain your color. They help keep your color looking good until it is time for your next color appointment (statement taken from the e-book What Your Hairstylist Doesn't Want You To Know http://www.askdwayne.com/products_what.html)

*Color lines that use enzymes instead of peroxide to develop color are not as harsh on the hair and produce a healthier feel to the hair after the service

*A few days before you have a color service preformed, wash and deep condition your hair, this will help the color not be so harsh on your hair as well as helping the color last longer.

*Keep in mind that the color red has a tendency to fade the fastest.

Styling

*When roller setting hair, the larger the rollers you set the hair on, the looser the curl will be. The smaller the rollers (or curling iron) the tighter the curl will be.

*When setting the hair, the tighter the curl, the longer the style should last.

*Wet sets (roller sets, straw sets, rod sets) last longer than hair that has been hot curled.

Extensions

*Extensions can cause major damage and major breakage if they are applied with too much tension

*Glued in sew-ins can result in breakage and thinning when the hair is removed (because it is next to impossible not to get some of the glue on some strands of the hair).

*Be careful not to get your hair braided too tight (especially at a young age) over time this could lead to thinning hair, hair loss, and eventually the hair will no longer grow.

General



*It is impossible to repair split ends. You can “seal” them or lay them down temporarily, but they won’t go away. The only way to fix split ends is to cut them off.

*When blow-drying hair never blow dry hair that is dripping wet. Blot your hair with a towel first, then, hold the dryer about 6 inches away from your head. Be sure to keep the dryer moving so you don’t blow hot air in one part of the hair for more than a few seconds at a time.

*Direct heat (blow dryer, hot irons, hot rollers) is more damaging to the hair than indirect heat (hooded dryers) and/or air-drying. Because direct heat is applied directly to the hair, it has more of a damaging effect on the hair than indirect heat or air-drying (taken from the e-book Products and Ingredients for Your Hair Texture found at <http://www.askdwayne.com/productsinghair2.html>)

*Ceramic flat irons heat the hair from the inside out, not from the outside in. This makes it impossible to damage the outside layer of the hair.

*You shouldn’t hot curl dirty hair because it allows the dirt and debris to enter the hair allowing the hair to break a lot easier

*Thinking of a new look? If you bring a photo to the salon try to find one with a person with similar length and texture.

*The healthier the body is, the healthier the hair will be.

*Stress can affect your hair in a very negative way. It is said to contribute to dandruff and hair growth issues as well. So get rid of the stress as soon as possible.

At Home Care

- *To stop tangles before they start, try braiding long hair, or putting it in a ponytail, before going out on a windy or humid day.
- *After you wash your hair, pat it with a towel, try not to rub it, this will help stop tangles before they start as well.
- *Use a wide-tooth comb to get rid of tangles. Start at the ends of your hair and work your way up.
- *If a tangle just won't budge, try rubbing conditioner directly on the tangle.
- *Since most people, toss and turn while sleeping, don't go to bed with your hair in rollers or ponytails. Tossing and turning during sleep with rollers or ponytails may cause the hair to pull and break.
- *Sleeping with cotton scarves is a big NO-NO. They have a tendency to absorb moisture out of the hair, and they can "grab" and pull out strands while you are sleeping or when you remove them.
- * Remember, preventing a problem is better than trying to cure one besides, damaged hair can take a long time to repair

This mini e-book was meant to enlighten you and help make those bad hair days a bit easier to deal with. Feel free to send this to as many of your family and friends that you feel will benefit from this information

About the author

Dwayne Pressley is a licensed professional cosmetologist with years of hands on and hair consulting experience. He has trained under, as well as worked with, many of the top stylists in the industry.

Dwayne publishes the website www.askdwayne.com where he gives advice about hair, hair care, and hair care products. He is the author of the hottest hair e-book online **What Your Hairstylist Doesn't Want You To Know** an e-book that he uses as a tool to provide information to those that need to obtain (and maintain) a healthy head of hair.

His most recent work involves the creation of the documentary, The Detailed Makeover, which is a film that deals with four women Dwayne helps (and trains to) establish healthy hair over a four month time period. Preview by [clicking here http://www.askdwayne.com/DTM.mpg](http://www.askdwayne.com/DTM.mpg) and the hot new e-book The Hair Growth Bible found here <http://www.askdwayne.com/hairgrowthbible.html>

To join the group (for free) simply, subscribe via email at www.askdwayne.com and just for subscribing you will receive the full audio version of Class in Session: Hair the Basics 101 [Click http://www.askdwayne.com/intro.wav to listen to a sample](http://www.askdwayne.com/intro.wav)

Thank you for taking out of your busy life to read these hair tips and tricks. God Bless. Love, peace and hair grease,

Dwayne Pressley
CEO Askdwayne.com
<http://www.askdwayne.com/>