

Keep your tresses looking lush

Taking care of your hair

hair
necessity



Top quality hair is an investment so you need to take care of it to ensure it stays looking lovely and lasts as long as possible. Keeping up with the latest trends and styles is one of the many fun reasons to wear hair. However, colouring and styling can be very damaging if not done properly.

Your hair needs regular washing to keep it clean and smelling fresh as well as regular conditioning treatments. This will maintain the shine and movement and keeps all your friends green with hair envy!

Storing

If you're not using a wig stand I recommend keeping your hair pieces in a box, to prevent them being flattened. Place the wig so that the inside is facing upwards. Fold the hair into the base (the bit facing upwards). Do not store near heat.

Brushing

Never pull on the hair, doing complete strokes with a brush on tangled hair can pull hair out and cause frizzing. Using a wide tooth comb or de-tangler brush, start brushing at the tips and work your way up. Hold the section of hair you're working on in one hand just above the part you're brushing. This prevents you pulling directly at the roots. Gently brush any knots, so you don't stretch the hair. Use protein spray or argan oil to help brush through any tangles.

How to wash your hair piece

The regularity you wash your hair depends on the amount of products you use, how often you wear your piece and your perspiration levels. Some people wash a few times a week whilst others can leave it up to 14 days.

- Prior to washing, remove all knots and tangles paying particular attention to the nape.
- Rinse the wig in warm (not hot) water, running in the same direction of the hair to avoid tangling. Never leave to soak.
- Gently smooth shampoo (it's best to use those specially designed for human hair wigs) through the wig.
- Gently rinse as before to remove all traces of the shampoo.
- Repeat with the recommended conditioner making sure not to put the conditioner near the roots.
- For a deep condition you can leave the product in for a few hours before thoroughly rinsing. The conditioner will travel up the hair shaft so make sure you leave plenty of space at the root area if leaving the conditioner in.
- Wrap the wig in a towel to soak up some water. Never rub.
- Place on a wig stand to dry naturally as much as possible. Human hair is very porous and takes several hours to dry naturally.
- Do not brush a wet wig; wait until it is dry. The knots expand when the hair is wet and brushing will encourage the hair to loosen.
- If you do not have time to dry naturally blow dry the inside of the wig first.



Products

You can use the same products on real hair wigs that you use on your own growing hair. However, quality products are well worth the investment as they will keep your hair looking it's best for longer. Lightweight styling products will reduce the need to wash so frequently.

It's really important to check the PH level of your shampoo. It needs to be at around 6 and not higher than 7. At these levels your shampoo becomes more acidic and helps to keep your cuticles lay flat.

Anything over 7 is alkaline which opens the cuticles and exposes your hair to damage.

Many manufacturers do not print the PH levels on their products and make much higher quality goods for sale in salons. Before and after wearing a hair piece and when brushing, spray some leave in conditioner or my protein spray. This will lock in the cuticle and help prevent damage.

- Always use heat protection spray, argan oil or protein spray when using heat to style your hair.
- A deep conditioning treatment will work wonders for any hair additions. Our adopted hair needs moisture moisture MOISTURE, so in addition to regular conditioning, a longer deep condition will help to keep all your hair incredibly soft & polished.
- There are specialist products in my shop for washing, conditioning and styling, alternatively get advice from your salon.

Straightening your hair peice

Ok, so these tips also apply to your natural hair too but it's more important with a wig as it's moisture starved already. If you remove your hair at night you can do all your styling on a wig stand (a clamp is needed); it's so much easier than doing it whilst on your head!

- Make sure you have washed out all the shampoo & conditioner thoroughly and the wig is completely dry before you start. Stop if you hear any sizzling, as it's basically product burning into your hair.
- Do not leave the heated tool on the hair for very long.
- When using a hair dryer, make sure you always point the nozzle it in the same direction your hair falls.
- Move a comb through the hair an inch below the straighteners and keep moving it as you pull the straightener down.
- Pull the hair straight (use tension), with your comb hand, and hold straight for a moment whilst the hair cools down.
- Turn down the temp on the straighteners. 300 – 350 is best.
- Often too much heat protection is used. Only 4 drops of argan oil is required.
- Take smaller sections of hair. It does take longer but you shouldn't have to keep repeating.

How to dry your wig faster

It does take much longer to dry a real hair wig than natural hair. The hair is usually more porous than your growing hair which means that it will absorb more of the water. That's why it's really important to moisturise (to stop it being so porous and repelling some of the water) your hair, so condition every time.

Heated tools, such as hair dryers and straighteners, will obviously dry your hair out further. Personally speaking, it's much better to dry your hair overnight and give it a quick spritz and short styling blast in the morning. However, many of us are attached to our hair (semi permanent attachment) so it's not an option. Try to time your wash so you have as long as possible to naturally dry.

One of the best things you can do is invest in a microfibre towel as it absorbs so much more water. Squeeze as much water out of your hair as possible and then use the towel concentrating particularly on the root area. The root area stays much wetter. You can also purchase microfibre turbans.

Sleeping

For those of us that wear hair systems and are attached to our hair, our units wear out considerably quicker. One reason is that sleeping in them can cause a fair bit of damage. Here's some tips for hanging on to those tresses for longer.

- Invest in a silk pillow or use a silk head scarf.
- Loosely braiding will stop the bed head, reduce breakage and leave you with lush, beach babe waves. Make sure you brush it all through first.
- If you want straight hair in the morning, sweep all your hair so it sits in front of one shoulder. Next, wrap it around your head and secure with clips. Use a scarf to hold it in position. Your hair will be lovely and straight without the need for morning styling.
- Never go to bed with wet hair, EVER.

Perspiration

There is a reported link between excessive sweating and hair loss. The lactic acid, in sweat, gradually breaks down layers in the hair until it becomes dry and brittle. Lactic acid is also thought to cause inflammation which prevents nutrients getting through to the hair. For those of us that use adhesives to secure our hair pieces keeping sweating to a minimum is really important.

- Sweat is often caused by stress and anxiety. Looking for ways to deal with this is a priority. If you feel yourself starting to get stressed take some deep breaths to help combat the sweating.
- Believe it or not exercise will reduce sweating as tired muscles are not able to sweat so easily. There's also the massive benefit of reducing stress through exercise.
- You can use antiperspirants on your scalp! Look for wipes and sprays that deal with hyperhidrosis (scalp sweating).
- Before exercising you can spray in some dry shampoo to help absorb some of the moisture off your scalp. Consider using a cotton hair band to help absorb the moisture. Tie your hair up to stop it sticking to your skin during a workout.
- Wash or rinse your hair to remove the lactic acid after you've been sweating.
- For those wearing adhesives watch what you're eating and drinking. the composition of your perspiration will determine how quickly the bonds are broken down. Alcohol and trans-fats eliminating from the body really do not help!

Swimming

If you have a hair system (anything that's semi-permanently attached) you can reduce the effects of chlorine by showering before you get in the pool. Hair is a bit like a sponge and will absorb the clean water. When you get out wash with the correct shampoo's and conditioners. You can also add a conditioning spray prior to getting into the pool or sea.

If you're not attached there's some lovely swimming hats available or consider a cheaper synthetic unit just for swimming.

Dealing with tangling

Unfortunately even the best wigs will tangle at the nape of the neck. It's a bigger problem for thinner, curlier and longer hair. Poor quality and over processed hair will tangle much more easily. Synthetic wigs are particularly prone.



- Silkier, natural clothing can help reduce the friction.
- Steaming, using a hand held steamer, is a very effective way of removing frizz from synthetic and real hair pieces.
- Working in sections comb the hair downwards, fairly quickly, following with the steamer. Hold the steamer around 6 inches away from the hair. Hold the hair flat whilst it is cooling into shape. You'll need to be careful not to cause further heat damage to your unit.

Colouring and perming

- You cannot colour synthetic fibre.
- Most human hair has been processed and not all pieces will be suitable for colouring or perming. It depends on how processed the hair is. It's important to take advise from where you purchased your hair.
- I do not recommend attempting to colour or perm the piece yourself. You may also find it quite challenging to find a salon who is willing to do this as it's a lot more involved than colouring growing hair. If you have purchased one of my pieces I can arrange the alterations.
- It is not advisable to use bleach so lightening purchased hair is not best practice. Adding lowlights are usually OK.
- It's often easier to colour your own hair to match the wig if you're using an integrated piece (which isn't bespoke).
- You can perm human hair but make sure the solution used is for treated hair.



Finding a hairdresser

Often you need a bit of imagination when trying on a wig, especially the human hair ones. Once you have decided on a cap and chosen the colour it's down to your stylist to personalise it. Once it's shaped correctly to suit your face you're in control, it's not just a foreign extension, it becomes a part of you. Most of how you look in a wig is down to how confidently you own it.

The true potential of your wig can only be realised by a good stylist. I have seen some real budget units transformed into masterpieces! But finding a good one can be difficult. I've met lots of ladies replacing their wigs because their hairdressers have ruined their beautiful hair.

It's surprisingly difficult to find salons that even offer wig cutting services let alone get any privacy!



- It's best to purchase your first wigs from a wig retailer face to face (rather than buy directly online). Not only will the retailer help you find what's right for you but will be able to cut or refer you to a stylist with lots of experience.
- Salons can be very hostile places for wig wearers. It's completely nuts considering how common it is!
- Before you go to a salon check they can cut wigs (most can't), make sure they have specific experience of the hair fibre. Ask if they have later appointments or private rooms. You can always go into the salon wearing your wig but you'll need to make sure it's very secure. My New Hair salons have received professional training from Trevor Sorbie in wig cutting.

Lots of ladies opt to have their hair cut in the security and comfort of their own homes. It's great to be able to see the same, trusted, stylist that you've built up a relationship with. Before trusting them with your precious hair ask these questions:

- What are your qualifications and how long have you been working?
Tip: It's good to use someone who has lots of salon experience and has achieved at least a level 3 NVQ.
- How many wigs have you cut?
- How do you cut wigs?
Tip: You must never use normal scissors on synthetic hair. A razor cut is best as you can't leave lines on synthetic hair. Thinning scissors can be used to remove the bulk. Human hair can be cut as normal but make sure it's done more gradually.
- How short can you cut a wig?
Tip: You need to be extremely careful cutting any wig short. The cap construction is important. Generally if you go shorter than 5" the hair will stick up.
- Can you colour my wig?
Tip: Your stylist should ask about the hair the wig is made from. They should also ask about the current colour and what you want to change. You cannot colour synthetic fibre.
- Can you perm my wig?
Tip: You can perm human hair but make sure the solution used is for treated hair.
- What do you charge?
Tip: Wigs take longer to cut as your stylist should work a lot slower and do things more gradually. If they're priced a bit higher than a standard cut don't be put off. If you find the right stylist they're worth it.

