

HAIR CARE

Hair is seen as a fashion accessory, and the beauty industry has provided consumers with a wide range of products and tools (both at home and in salons) that can modify hair's colour, shape and texture.

MAINTAINING HEALTHY HAIR

SHAMPOOING THE SCALP

Depending on one's hair type, shampooing frequency may vary from daily to only once per week. Even if one does not require daily use of shampoo, it is helpful to wet or dampen the scalp every few days to avoid buildup on the scalp.

HANDLING WET HAIR

Use of a hair conditioner facilitates combing when hair is wet. For hair that tangles, use a wide-toothed comb and begin combing from the ends, slowly working your way up towards the scalp. Avoid vigorous towel-drying or harsh combing.

HEAT STYLING

Heat styling with the use of hairdryers, curling irons and hair straighteners can all cause damage to the hair. To minimize damage, use a cool or low heat setting to blowdry hair and the lowest heat setting when heat styling. Never use curling irons or hair straighteners on wet hair.



TOO MUCH BRUSHING

Avoid too much tugging or pulling on hair when brushing it. Backcombing and overbrushing can cause split ends. Split ends make hair prone to breakage further up the hair shaft.

TENSION-BASED HAIR STYLES AND TYING HAIR UP IN A STYLE WITH TENSION

Braided styles such as cornrows, microbraids, box braids, slicked buns and tight ponytails and any style that causes pulling can stretch or tear hair, causing breakage and dislodging hair from its root. Regularly wearing hair in a tight style can lead to **traction alopecia**, hair loss caused by pulling on the scalp.



EXTENSIONS, WEAVES AND OTHER ADDED HAIR STYLES

When used with glue, the existing hair can tear, or there may be an irritation or allergic reaction to the glue that occurs on the scalp. It is advised to limit use of these styles and allow for ample time for the hair to be free of extensions/weaves/hair styles with added hair.



OILY HAIR

Oily hair indicates an oily scalp. Hair follicles are associated with oil-producing glands that produce sebum (oil) naturally. The more oil produced, the greasier the hair. The less that oil gets removed with shampooing, the more oil builds up on the scalp and the hair.

STRAIGHTENING

CHEMICAL RELAXERS

Hair relaxers are used to chemically straighten curly or wavy hair. Use is not recommended more frequently than every 8–12 weeks, depending on the rate of one's hair growth. Overuse of relaxers may weaken and damage hair, or burn your scalp. Follow directions exactly; never leave relaxer on longer than instructed.



COLOURING

Hair colouring products range from temporary (wash out), semi and demi-permanent (last for weeks to months) and permanent formulas. All of these types of hair dye can potentially lead to adverse reactions. Problems can include burning, itching and/or scalp redness, damaged hair, hair loss and severe allergic reactions that could involve facial swelling and trouble breathing.

HAIR DYING TIPS

- Read – and heed – all directions and warnings
- Always do a patch test before using any hair colouring product
- Never use hair dye on eyebrows or lashes; it may cause blindness
- Always wear gloves when applying dye
- Don't leave product on hair longer than directed
- Do not dye hair more frequently than indicated on packaging
- Be sure to rinse scalp well to remove all hair dye product

