

B·tanish
Salon

HAIR BOTOX AFTERCARE GUIDE

DO'S (What to Follow)

- Wait **24–48 hours before first wash** (as advised by stylist)
 - Use **sulfate-free, paraben-free shampoo**
 - Wash with **cool or lukewarm water**
 - Always use **conditioner after shampoo**
 - Apply **deep conditioning mask 1–2 times weekly**
 - Use **leave-in conditioner / serum** for smoothness
 - Apply **heat protectant** before any styling
 - Use **low heat settings** for tools
 - Air-dry whenever possible
 - Comb with **wide-tooth comb** (especially when wet)
 - Dry hair gently (no harsh towel rubbing)
 - Sleep on **silk/satin pillowcase**
 - Tie hair loosely while sleeping
 - Trim hair every **6–8 weeks**
 - Follow **salon-recommended products only**
 - Drink enough water (hydration reflects in hair health)
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✗ DON'TS (Avoid These)

- Don't wash hair daily
 - Don't use **regular/sulfate shampoos**
 - Don't use **hot water**
 - Don't skip conditioner
 - Don't overuse heat styling tools
 - Don't do **chemical treatments immediately** (color, rebonding, smoothening)
 - Don't oil excessively
 - Don't apply heavy or sticky products
 - Don't tie very tight hairstyles
 - Don't scratch scalp harshly
 - Don't use random DIY/home remedies
 - Don't ignore dryness or damage signs
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FIRST WEEK CARE (VERY IMPORTANT)

- Avoid **oil** for first **3–5 days**
 - Avoid **sweat-heavy activities (gym, steam, sauna)**
 - Avoid **rainwater & humidity exposure**
 - Avoid **tight ponytails/buns**
 - Keep hair **dry & frizz-free**
 - Do not tuck hair behind ears repeatedly
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HEAT & STYLING RULES

- Always apply **heat protectant**
 - Keep temperature **below 180°C**
 - Avoid daily straightening/blow-drying
 - Prefer **air drying**
 - Limit heat to maintain smooth finish
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SWIMMING & SUN CARE

- Before swimming: Apply **serum/leave-in**
 - Always wear a **swim cap**
 - Rinse hair immediately after swimming
 - Protect from sun (UV exposure causes dryness)
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OILING RULES

- Start oiling only after **3–5 days (if needed)**
 - Use **lightweight oil**
 - Avoid heavy overnight oiling frequently
 - Over-oiling can reduce smoothness effect
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COMMON FAQs

Q. How long does Hair Botox last?

- Around **3–5 months** (depends on care & hair type)

Q. Can I wash hair frequently?

- No, **2–3 times a week max**

Q. Will my hair become straight?

- No, it reduces frizz & smoothens, not permanent straightening

Q. Can I color my hair after Botox?

- Yes, but wait **at least 2 weeks**

Q. Why does my hair feel heavy/flat?

- Product settling initially; improves after few washes

Q. Why is frizz coming back?

- Due to wrong products, heat, or lack of hydration

Q. Can I oil my hair?

- Yes, but lightly and not frequently

Q. Is hair fall normal?

- Botox doesn't cause hair fall; dryness or breakage may occur if care is poor
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WARNING SIGNS (CONTACT SALON IF)

- Excessive hair fall
- Severe dryness or rough texture
- Itching, irritation, or scalp discomfort
- Results not lasting even with proper care

PRO TIP

- **Less heat + right products + gentle care = long-lasting smooth, frizz-free hair**