

**B·tanish**  
**Salon**

# HAIR COLOR AFTERCARE GUIDE

## ✓ DO'S (What to Follow)

- Wait **48 hours before first wash**
- Use **sulfate-free, color-safe shampoo**
- Wash hair with **lukewarm or cool water**
- Apply **conditioner after every wash**
- Use **deep conditioning / hair mask 1–2 times a week**
- Use **leave-in conditioner / serum** to reduce dryness
- Apply **heat protectant** before styling
- Limit use of **straighteners, curlers, blow dryers**
- Protect hair from **sun exposure (use scarf/hat/UV spray)**
- Oil hair lightly (1–2 times a week) if recommended
- Use **wide-tooth comb** on wet hair
- Pat dry gently (no rough towel rubbing)
- Sleep on **silk/satin pillowcase** (reduces frizz & breakage)
- Trim hair every **6–8 weeks**
- Follow **salon-recommended products only**

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## ✗ DON'TS (Avoid These)

- Don't wash hair daily
  - Don't use **hot water**
  - Don't use **regular/sulfate shampoos**
  - Don't skip conditioner
  - Don't overuse heat styling tools
  - Don't go for **chemical treatments immediately** (rebonding, smoothening, etc.)
  - Don't expose hair to **chlorine water (swimming pools)** without protection
  - Don't tie hair too tight (causes breakage)
  - Don't scratch scalp aggressively
  - Don't apply random home remedies without consultation
  - Don't delay touch-ups for too long
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## **FIRST WEEK CARE (Very Important)**

- Avoid oiling for **first 3–5 days** (unless advised)
  - Avoid sweat-heavy activities (gym/steam/sauna)
  - Avoid rainwater exposure
  - Keep hair dry & clean
  - No tight hairstyles
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## **HEAT & STYLING RULES**

- Always use **heat protectant**
  - Keep temperature **below 180°C**
  - Avoid daily heat styling
  - Air-dry whenever possible
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## **SWIMMING & SUN CARE**

- Before swimming: Apply **leave-in or oil**
- Wear a **swim cap**
- Rinse hair immediately after swimming

- Protect from sun to avoid **color fading**
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## **OILING RULES**

- Use **lightweight oils only**
  - Avoid heavy overnight oiling frequently
  - Do not over-oil (causes color fading)
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## **COMMON FAQs**

### **Q. Why is my color fading fast?**

- Frequent washing, hot water, wrong shampoo, sun exposure

### **Q. Why does my hair feel dry?**

- Color process reduces moisture → use masks & serums regularly

### **Q. Can I oil my hair?**

- Yes, but in moderation and after initial days

### **Q. Can I use normal shampoo?**

- No, always use **color-safe shampoo**

### **Q. When should I touch up my color?**

- Usually every **4–8 weeks** (depends on hair growth & color type)

**Q. Can I use henna/mehndi?**

- Avoid unless discussed with your stylist (can alter color)

**Q. Is hair fall normal after color?**

- Slight dryness-related breakage can happen → maintain hydration
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 **WARNING SIGNS (Contact Salon If)**

- Excessive hair fall
  - Extreme dryness or roughness
  - Itching, redness, or irritation on scalp
  - Uneven color fading
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 **PRO TIP**

- Less washing + right products = **long-lasting, shiny color**