

B·tanish
Salon

PRE-LIGHTENING AFTERCARE GUIDE

DO'S (What to Follow)

- Use sulfate-free, color-safe shampoo only
 - Apply deep conditioner / mask 2–3 times a week
 - Use leave-in conditioner or serum daily
 - Always apply heat protectant before styling
 - Use cool or lukewarm water for washing
 - Oil hair lightly (coconut/argan) 1–2 times a week
 - Use purple/blue shampoo if recommended (for brassiness)
 - Protect hair from sun, dust & pollution (scarf/hat)
 - Sleep on silk/satin pillowcase or tie loose braid
 - Trim hair every 6–8 weeks
 - Use wide-tooth comb on damp hair
 - Drink plenty of water & maintain healthy diet
 - Follow salon-recommended products only
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DON'TS (Avoid These)

- Don't wash hair daily
 - Don't use **harsh shampoos (sulfates/parabens)**
 - Don't apply **oil immediately (first 48 hrs)**
 - Don't use excessive **heat tools (straightener/curling)**
 - Don't skip conditioner
 - Don't expose hair to **chlorine/salt water** without protection
 - Don't tie very **tight hairstyles**
 - Don't scratch scalp if sensitive
 - Don't use random DIY remedies
 - Don't recolor or bleach at home
 - Don't ignore dryness or breakage signs
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IMPORTANT CARE TIPS

- Hair may feel **dry/rough initially** – it's normal
- Slight **shedding can happen** post-lightening
- Use **bond-repair / protein treatments** if advised
- Avoid **mehndi (henna)** or local dyes
- Avoid **hard water exposure** (use filter if possible)

? COMMON FAQs

Q. When can I wash my hair?

→ After 2–3 days

Q. Why is my hair dry?

→ Pre-lightening removes moisture; conditioning is essential

Q. Can I oil my hair?

→ Yes, but only after 48 hours and in small quantity

Q. Can I swim?

→ Avoid or use cap + leave-in protection

Q. Hair becoming yellow/orange?

→ Use purple/blue shampoo as suggested

Q. Can I use heat styling?

→ Yes, but minimal + heat protectant is a must

💎 GOLDEN RULE

Follow salon instructions strictly for best results & long-lasting color