
DO YOU DO THESE THINGS? STOP NOW!

Have you ever wondered why even though you are using all the right products and 'THINK' you've been doing all the right things your hair is completely damaged?

Let us share with you the 'TOP FIVE THINGS TO STOP DOING NOW' to improve your hair for life.

STOP SHAMPOOING YOUR HAIR ONCE

Always shampoo your hair twice! The first shampoo cleanses your scalp, taking off any dirt, oil and product build up. The second shampoo cleanses your hair. You should only be using no more than a 10c piece of shampoo. If your hair is extremely dirty, you can also do a third small shampoo to help along the way.

I know, simple right...? After being in the hair industry for so long, we were blown away with the lack of knowledge behind this simple task. Altering this simple step will transform the way your hair looks and feels.

STOP STRAIGHTENING YOUR HAIR BEFORE ITS BLOW DRIED

Most people think straighteners ruin their hair when in actual fact people unknowingly damage their hair.

Often times we dry our hair off and then straighten over the hair shaft to create our smooth sleek look. This seems like the right thing to do but we haven't been educated on why it's the wrong thing to do.

Think of your hair shaft like a zig zag line. Now imagine using your straighteners to set the zig zag into place. Every time you avoid using a round brush to smooth your hair you are creating more frizz and a style that won't last a long period of time.

By using a round brush on your hair and blow drying it mildly straight, you are setting it up for a smoother, longer lasting result when finishing with the straightener. By the time you get to straightening over your hair, you will be saving yourself loads of time as you will only have to pass it over the hair shaft once.

STOP WASHING YOUR HAIR SO MUCH

When it comes to washing hair there is no one size fits all method. Shampooing it every second day, once a week or even once every third day is totally worth it. The only guideline we recommend in this step is to not wash it every day. Your hair needs its natural oils in order for it to stay healthy and nourished.

STOP COMBING YOUR HAIR WHILE IT'S WET

This is a big no no. Never use a comb to detangle your hair in the shower! This causes a lot of breakage and damage to the hair. Your hair is at its most vulnerable state when it is wet, especially if you are blonde. Please, **WE BEG YOU** to remove this step from your routine and watch the magic happen!

STOP NOT CUTTING YOUR HAIR REGULARLY

If you are wanting beautiful, healthy, long hair (or beautiful hair even if it's short) trimming your hair every six weeks is a must. By doing this it removes any split, dead or damaged ends. Sometimes we can make a trip to the hair salon and only get the teeniest tiny ends cut off and that won't be enough. The hair will continue to split up the hair shaft, leaving you having to get more off than intended for the next time round.

These seem like basic steps but after years in the industry, these are the most common factors to paving a pathway of healthy looking hair. It is always the two mm shift in something you are doing that will completely transform your hair.

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