



SAMANTHA BOYKIN

**Whether you have achieved your ultimate goal blonde, or are somewhere in the process of the journey, this sheet will tell you everything you need to know about caring for your lightened locks.**

**TONERS:** Today I used a toner to adjust the shade of your hair after it was lightened. This is a color and it will fade back to the undertone of the hair. Most toners last between 10-25 washes. It is important to follow the aftercare detailed here to maximize the life of your tone. If your hair starts to look brassy or dull you can schedule a glaze coloring (without another lightening session) to refresh it.

**WASHING:** It is important to choose a gentle, sulfate free shampoo or cleansing conditioner for washing your color treated hair. This will maximize the life of your toner as well as prevent your processed hair from becoming overly dry. You can use a dry shampoo on the roots/scalp to extend time between washes.

**DEEP CONDITIONING:** Lightened hair suffers moisture loss, so using good conditioning products is imperative. I recommend a normal conditioner after every wash, but also some type of deep conditioning treatment may be necessary once a week for extra nourishment.

**OLAPLEX:** No. 3 is strongly recommended for home use. This is not a protein treatment, nor a conditioner; it is a repairing treatment to rebuild broken chemical bonds inside of hair. It cannot be overused, but in most cases I recommend once a week treatments. It is available at the salon or through [olaplex.com](http://olaplex.com) or [sephora.com](http://sephora.com).

**HEAT:** Can literally fry your hair and fade toners. Try to keep hot tools at 350 degrees or less, use tools with a temperature gauge, and choose tools made of metals such as titanium or tourmaline instead of ceramic - they heat more evenly and glide smoothly over strands. Use a heat protectant, so your hair doesn't get as damaged and toner doesn't fade as fast!

**SUN/TANNING BEDS:** UV rays can further damage highly processed hair. Use a UV protectant styling product when possible, but ideally avoid prolonged exposure and/or keep hair covered with a hat, bandana, cap, etc.

**SWIMMING:** If you go in pools, lakes, oceans, or hot tubs, try to keep your hair out of the water with a braid, ponytail, hat, swim cap, etc. If you cannot, first wet it with clean water and a leave-in conditioner to fill your strands so they can't absorb as much of the 'bad' water. Chemicals, salts, etc. can damage the hair and strip and/or change color. The most common for blondes is a green tint. Home remedies such as ketchup, soda, baking soda etc. should be avoided due to harsh pH and inefficiency at solving the problem. If you need this type of build up removed, you will need a chelating treatment to break the ionic bond of the minerals. I offer Malibu Crystal Gel treatments for this. They are gentle and effective.

Recommended to schedule maintenance: 4 weeks 6 weeks 8 weeks 12 weeks Other

Product Reccomendations For You:

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