



HEALTHY HAIR & LENGTH COURSE – MONTH 5

Things to remember when using heat

Application of heat to the hair breaks hydrogen bonds, and the use of tension or pressure allows hair to be re-shaped so that the new hydrogen bonds form to support the new shape (straight or curled).

Hair damaged by heat can often appear and feel dry and frizzy, with the possibility of split ends and even breakage. You can also spot heat damage on your curls if they have these qualities or they don't appear to curl and "bounce" like your other curls.

Prepare your hair

When heat styling, start by cleansing your hair. Clean hair is the best kind of hair to work with when implementing heat outside your normal routine — so always shampoo and deep condition your hair before heat styling.

Preventing heat damage

After you rinse out your conditioner, thoroughly detangle your hair and apply a heat protectant of your choice. When searching for a heat protectant serum, it is important to look for key ingredients. Silicones e.g. Dimethicone can be found in heat protectants and they function nicely by slowing down the rate at which heat hits your hair.

Tresemme do a good heat protection range.

After applying your heat protectant, divide your hair into manageable sections so you can methodically address each section of hair without applying too much heat to any particular area.

It's best to use heat tools with temperature adjustments, so you can select what level is suitable for your hair. The flat iron should not be used any higher than 400 degrees if you would like to avoid heat damage.

If you are drying your hair with a blow dryer, use a comb attachment or a paddle brush. This will allow your hair to not only be straighter, but also helps with making sure the hair is detangled.

When you next shampoo your hair after a straightening, notice how your curls respond. Do they revert back to normal? Are they frizzy or looser? If your curls do not revert back to how they were before, use a strengthening conditioner or protein treatment to whip them back into shape. It may take a few wash days for your curls to revert completely, and if they don't, it's a sign you have heat damage. From there you have two options: cut the heat damage

from your hair or grow the heat damage out like you're transitioning.

What is too hot for some may not be for others

Every time you use heat, there is a risk of heat damage. the first thing to note is that every person's hair is different (but similar). Therefore there is a range of temperatures to consider and **what might be low heat for you may be high heat for someone else.**

Tea Rinses

1. Amino acids - theanine

Theanine is an amino acid that is unique to tea. A recent study showed that a purified extract of this amino acid could penetrate fully through to the hair cortex of bleach-damaged hair after a 10 minute soak at 30°C (*Surface and Interface Analysis, pp 562-565, 2010*). The study was designed to complement a previous investigation that related theanine to improving the mechanical strength of bleached hair. Even if your hair is not bleached, it is possible to accumulate damage to the cuticle due to styling and combing as well as normal weathering. A tea rinse could be considered as a very mild protein treatment.

2. Polyphenols

Green tea is currently being studied as a possible candidate for treating hair loss. It is preferred over black tea as the roasting of tea to create black tea oxidises the polyphenols. Tests so far have been performed on rats as well as human hair in a petri-dish (not on actual people) with similar results. The polyphenols are seen to stimulate re-growth of hair (*J Natl Med Assoc, pp 1164-1169, 2005; Phytomedicine, pp 551-555, 2007*). If you therefore have problem spots e.g at the temples, or are experiencing hair loss, then a tea rinse may be worth a trial.

3. Caffeine

Did you know your hair follicles can take up several drugs and caffeine is one of them? Studies done once more on human hair in a petri-dish showed that the hair follicles do rapidly take up caffeine and this stimulates hair regrowth for hair previously showing signs of hair loss. (*International Journal of Dermatology, pg 27- 35, 2007*).

Henna

Henna is derived from leaves. it is a chemical extract – lawsone.

Some facts

People with a looser curl - type 2 and type 3 can experience very drastic changes in their natural curl pattern when they use Henna. There are not many type 4s who report this however.

But you still need to bear in mind that Henna **can change** the natural curl pattern of your hair - **some people do like this change, others do not.**

Henna should be considered as a permanent hair dye and it is true that it will build up on the hair cuticle. Many people do document **dry hair** immediately after using henna but find that using a conditioner (deep condition or rinse out) usually fixes the issue.

Keep in mind that if you want to dye your hair later, **it may be difficult to go lighter** in color. Henna is very hard to lift out of your hair later.

Depending on the vibrancy you want, henna can take 1 to 6 hours to develop

If you wish to colour your greys Henna alone will not suffice. You will need to mix it with indigo to get a dark brown or black effect.

There is an abundant of fake henna out there. Do your research and only use Body Art Quality Henna.

There is no such thing as black henna. If you see this do not buy or use it has been mixed with chemical.

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