SUTHERLANDS

HAIR & BEAUTY

Hair Colour

Pre-Treatment Advice

1. Please do not attend your appointment with products such as powder make up to cover grey in your hair. These should be washed out of your hair prior to your appointment.
2. The key to great hair colour is healthy hair. Hair that is in good condition will take on dye more successfully and the colour will remain vibrant for longer. Always treat your hair gently, use the right styling products and apply a hair treatment at least once a month.
3. Avoid chlorine for 48 hours prior to your colouring appoint ment. Hair must be washed with shampoo post-swim to remove all traces of chlorine before hair is coloured.
4. Use a deep conditioning hair treatment for at least three days before colouring to condition and prepare hair strands for taking on colour.
5. Avoid washing your hair the day of or night before your appointment so you don't wash away the natural oils in your hair. This will ensure a more even result.

Aftercare Advice

1. If your hair needs a boost, use a colour pigment shampoo for a burst of colour. Ask your stylist to recommend the best product and shade for you.
2. Always use a heat protection product when using electrical tools on the hair.
3. Leave your hair to dry naturally, without heat, as much as possible. Heat will dry the hair and make the colour look flat.
4. Use a colour-save shampoo and conditioner- this will really prolong the life of your colour.
5. To prevent colour fade, always wear a hat and UV protection when sunbathing or swimming.

6.   Regular deep conditioning treatments and trims will help keep hair healthy and locks looking radiant.

7.   Shine spray can add luminosity to coloured hair.

8.   Ask your hairdresser to recommend the correct at-home hair care regime to look after your locks in between appoint ments. Our range of home care products promotes healthy, glossy, coloured hair.