

# SUTHERLANDS

HAIR & BEAUTY

## Hair Cut

### Pre-Treatment Advice

1. If you are booked in for a dry trim appointment, please arrive with newly washed hair. This will enable your stylist to give a more accurate cut.
2. For clients with longer hair, gently comb through your hair with a Tangle Teezer or wide-toothed comb to remove any knots and prevent breakage before coming in to the salon.
3. Your hairdresser is experienced in tailoring your haircut to suit your face shape, complement your hair type and fit in with your lifestyle. It can also be helpful to bring photographs of styles you like as a reference for your stylist.

### Aftercare Advice

1. Regular deep conditioning treatments and trims will keep your hair healthy and radiant.
2. To keep your hair in good condition, always wear a hat or UV protection when swimming or sunbathing.
3. Always use a heat protection product on hair when using electrical appliances.
4. Leave your hair to dry naturally, without heat, as much as possible. Heat will dry out your hair.
5. Ask your hairdresser to recommend the correct at-home hair care regime to maintain your hair in between appointments.