



DI BIASE HAIR EXTENSIONS USA
EXTENDED REVOLUTION



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Are You Washing Your Hair Correctly? These 8 Stylists Weigh In!

By Christine Mikesell

Are you
washing your hair
correctly?



Lather, rinse, repeat. Sounds pretty easy, doesn't it?

It's amazing what a difference a few little tweaks in your routine can do to your hair! Washing your hair, something you think you have figured out by now, is no exception. It turns out, washing your hair correctly isn't quite that straight forward. There are always a few little things that you can change up to get your good hair day.

1. Skip Volume

"Washing your roots 2-3x a week is more than enough. Volumizing shampoos aren't recommended. Save the volumizing for the styling line. When you shampoo, you want to focus on moisture. Since using detergent on your hair isn't natural, you want to replace the oils you've lost with good quality conditioners and moisturizers."

- Arturo Swayze from the Arturo Salon

2. Weekly Treatments

"The best way is to use a gentle shampoo twice a week. Then once a week, use clarifying shampoo followed by a conditioning treatment. Get a few processing caps from the salon and leave it in under a cap for 20-30 minutes. Jump back in the shower and use a dangling brush while you rinse it out."

- Dominic Commisso from Commisso and Company

3. Use Your Fingers

"There are so many variables in determining how often to wash your hair, how processed your hair is, how often you work out and sweat etc., but I would say a good average is every other day to every two days. It is good to use a hydrating shampoo and conditioner coupled with a volumizing styling product so you get the moisture without losing the fullness. Hair washing brushes aren't necessary. Your fingers can sufficiently cleanse your scalp. Using a brush with rough bristles can actually irritate your scalp and cause it to be more dry, so save your money, the pads of your fingertips do the job and are free!

Salon V - Vernelle Murphy from Salon V

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4. Listen to Your Hair

"I think it really depends upon your own hair. I have to wash my hair every day. If I don't my hair gets so greasy and out of control, while one of my really good friends only washes her hair once a week and it looks fabulous every day. It really depends on the level of dryness of your own personal hair."

- Meg Raiano from meg.

5. Localize Your Product

"Only apply shampoo to your scalp and massage gently down to the ends then rinse thoroughly. Apply conditioner starting from mid-length bringing down to the ends, gently comb or brush with a washing brush. Rinse with cool water to close the cuticles of your hair. How often you need to wash your hair depends on the hair type, if the hair is oily it may need to be washed daily. Normal to dry hair should be wash 2-3 times a week, always using products recommended for your hair type by your hair stylist. You should use a daily product and once a week or every other week use a treatment that is appropriate for your hair."

- Natalia Lahud from Salon Sora

6. Don't Glob On Shampoo

"Choose a shampoo ritual. Once a week choose a day that you clarify your hair to remove build ups from calcium, waxes, silicones. This will give you more volume and shiny bright hair. The other days try to only wash your scalp as the ends like the natural oils. I don't recommend washing daily unless you are very active. When shampooing try to start applying the shampoo toward the back of the head then work up, most individuals grab a handful of product and slap it on top of their head, this concentration of product can build up and create faster adage of hair color."

- Terrence Michael Renk, the Global Artistic Director for ProRituals

7. Splurge on Shampoo

"Shampoo as often as you need to to fit your lifestyle, but follow these tips: 1. Use as little shampoo as you can. The excess suds are damaging and do nothing to help the process. Start with half of what you think you need and add if needed. 2. Focus on the scalp area to avoid drying out the ends. 3. Choose a professional quality shampoo that is sulfate, paraben, and sodium chloride free. If you spend money on one haircare product, shampoo is it. 4. Rinse, rinse, and rinse some more. Most people walk around with a lot of shampoo left in the hair. It gets dirty faster, it gets flat, and it can irritate the scalp. 5. Daily type conditioners are fine if you don't color your hair. If you do, stick with deep conditioners, especially moisturizing ones. Focus on the ends of the hair to prevent excess heaviness."

- David Todd from David Frank Salon

8. Try a Brush

"There is no answer that fits all. The question to ask is 'what is the client's hair type?' The answer to that question will lead directly to the answer as to how often hair should be washed. I think it is useful to alternate the shampoos. And yes, I do recommend a brush for wet hair. It reduces pulling on wet hair preventing it from breaking and helps to detangle hair."

- Vikki Parman from Di Biase Hair USA