

Hair Care and Colour Powder: A Practical Guide



Sometimes colour powder stays in the hair longer than expected. This can happen particularly with lighter coloured hair as it can absorb pigment more easily than dark hair. So . . . some suggestions for your hair care before attending a colour event:

- Wear a scarf, hat or other covering that will protect all your hair
- Put your hair up, or in a ponytail and reduce the area available
- Coat your hair in oil (for example coconut oil) or conditioner; this creates a barrier between the colour powder and your hair and makes it easier to wash out

It's completely understandable to feel a little worried when the colour lingers so here are a few tips that can help take the colour out:

- Remove as much loose dry powder first, using hands or a gentle brushing
- Rinse with cool/cold water – this helps to remove further any remaining loose powder
- Use a gentle shampoo with nourishing ingredients such as argan oil or aloe vera
- Clarifying Shampoo – use a clarifying or deep cleansing shampoo; these are stronger than regular shampoos, containing ingredients that break down product build up and help strip away colour. You might need to wash a couple of times, followed by a deep conditioner to avoid dryness.
- Anti-Dandruff Shampoo – these also often contain stronger cleansing agents that can help fade colour
- Baking Soda Mix – mix baking soda with water to create a paste, apply to the affected area and leave for a few minutes, then rinse thoroughly before shampooing and conditioning
- Vinegar Rinse – a diluted apple cider vinegar rinse (1 part vinegar to 4 parts water) after shampooing can also sometimes help lift unwanted tints
- Consider visiting a hairdresser, as there are professional colour correction treatments available.
- Avoid using heat styling tools such as flat irons, curlers hot brushes or straighteners on the affected area
- Avoid using anything too harsh like bleach or strong chemicals at home, as they can damage the hair and scalp.

The colour will fade away, though it might take multiple washes. However another option is to embrace the colour and for a short while, live with a great new look !!