

K&KO PERM AFTERCARE INSTRUCTIONS

HOW TO TAKE CARE OF YOUR PERM

There are essential ways on **how to take care of permed hair**. The perming process is done using a chemical solution. There are some things that should be avoided for the first few days right after a perm:

- Do not shampoo/wash new processed hair for first 2/3days (48/72 hours)
- Do not comb it
- No use of dye or styling products
- Avoid tight shaping such as ponytail, or hair pins
- No Sweating (avoid the gym, running, etc.)

It is key to follow these steps to help with the longevity of your perm.

Frizz Free Hair Care

It is important to know how to style your perm to avoid frizz. Permed hair needs to be correctly maintained e.g., combed, and kept away from heat. If you want to know what other mistakes are keeping you away from perfect curls feel free to also call us to speak to our senior stylists on

: 020 8883 5528

The chemical solution used in the perm process already dries the hair and increases the need for moisture. It is not good to move away from the care recommendations for perfect curls and return to old care habits.

Before getting a perm, maybe you preferred towel drying for your hair. But this method leads to water loss and limp appearance for permed hair. For the aesthetic and glowing appearance of the curls:

- Gently towel dry
- Get regular trims (every 6-10weeks)
- Avoid excessive heat
- Moisturise hair with hydrating products
- Finger Comb
- Get deep conditioning treatments

STYLING OF PERMED HAIR

Permed hair looks great without doing anything. Let's examine **how to take care of permed hair** and what to consider when styling. Some applications for permed hairstyles damage the curls. Do's and Don'ts of styling permed hair:

- Don't use excessive heat – Avoid using straighteners and tongs.
- Do apply products when hair is damp for best results
- DO ONLY use a wide tooth comb
- DON'T brush perm when the hair is dry
- Don't use Afro Curl products on your hair as they are not made for your texture hair. Using these products will weigh down your perm and make it flat (brands such as; Cantu, Shea Moisture, Etc...)
- When drying permed hair, it is wise to use a diffuser with a dryer attachment. If you don't want too much volume, just keep the dryer up. On the other hand, if you want it to look voluminous, you should hold the dryer from below.
- Equal distribution of care products is important - apply by hand by massaging product in damp permed hair. With permed hair, it is easier and more effective to apply styling product by dividing the hair into sections, mixing with a small amount of water or using spray bottles to reduce the amount of product used.

OUR RECOMMENDED PRODUCTS FOR PERMED HAIR

REDKEN

- **Shampoo-** Redken Acidic Bonding Curls Shampoo
- **Conditioner-** Redken Acidic Bonding Curls Conditioner
- **Lotion-** Redken Acidic Bonding Curls Leave-in Treatment
- **Styling Product-** Redken Sculpting Curl Gel

PAUL MITCHELL

- **Shampoo-** Spring Loaded Frizz-Fighting Shampoo
- **Conditioner-** Spring Loaded Frizz-Fighting Conditioner
- **Lotion-** Full Circle Leave In Treatment

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We hope to see you soon!

Team K&KO