



Hair Product Madness

The Confusing World of Products

The world of hair products can definitely be a confusing one...there are so many more types of products available now than there were a few years ago. Most stylish and trendy looks need some product in order to make your style look like it does in the magazines. A lot of figuring out what to use is trial and error.

One thing to remember is that products will not magically transform your hair into something other than what it is. They only enable us to more easily work with what we have. If you choose to not use product, it is unlikely that you will achieve the desired style and your hair may be more difficult to work with.

Use product that is appropriate for your hairstyle. The same product that made your short, messy style look great, will make your long hair limp. Chances are, when you change your hairstyle, you will need to change your product. Consult your stylist for new product ideas.

Some products have alcohol in them which is a concern for people. Alcohol makes the product dry (which of course can dry your hair out with overuse), therefore products with alcohol will be lighter than products that are resin-based, such as pomades, styling creams, varnishes, etc., which keep their suppleness.

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Hairspray is probably the most used and misused product. If you want lift, use it mostly on the roots of your hair, unless you're trying to create the helmet look of the 80's. If you have long hair, you generally want the hair to look soft. If you have short hair and are not worried about it looking soft, then spray away. The best types of spray for lift are always the aerosol (they're environmentally friendly now) because they have a finer mist, which also makes the spray dry quicker.

If you use non water soluble products, you can get major build-up in the hair which can make it look dry, flaky, dull and feel sticky. **Use a build-up removing shampoo** occasionally -- no more than once every week or two since it strips the hair.

The key is not to be afraid of using products. Once you discover how to use the right products at the right time, miracles in hair styling happen! Ask your stylist... and experiment.