

After Care

BLONDES & BRUNETTES



HERE'S WHAT YOU NEED TO KNOW

No more trying to remember everything from your appointment! Blondies and Brunettes, your After Care Guide is here to keep your hair happy and thriving, anytime you need it.

xoxo
Harmony

SHEAR
HARMONY
HAIR

Shampoo

HOW SOON TO WASH?

Avoid washing too soon to really allow the toner to set in. 24-48 hours is plenty of time!

PURPLE SHAMPOO, TO USE OR NOT TO USE?

Purple S&C helps fight brassy (yellow + orange) tones IF you value cooler tones. On the flip side, using it too often can dry your hair and create buildup. A little goes a long way!

ANY OTHER WASH TIPS?

Having a shower filter, avoiding hard water, shampooing with lukewarm water, and spacing out shampoos all help prolong the toner's vibrancy.



Treatments

CLARIFYING TREATMENTS

Use clarifying treatments or double shampoo the hair from time to time to remove any excess buildup on the hair. This will allow your cuticle to absorb the nutrients that it needs

DEEP CONDITIONING TREATMENTS

Sub out your conditioner for a deep conditioning treatment at least 1x a month, or even 1x a week if you're extra diligent. Allow the treatment to sit for 5 minutes before rinsing out.



That's Hot



HEAT PROTECTANTS

Opt for products that have UV and thermal heat protectants built in (450° for iron work).

HEAT FREQUENCY

If you rely on heat styling often, let's explore some styles that help you feel amazing in between.

Frequent use and high temps can accelerate brunettes turning orange and blondes yellow.

I'VE GOT SUNSHINE

Grab a hat to shield from the harsh rays if you're outside often. If heading to the beach or lake, book a toner after instead of before.

Extra Tips



DETANGLING

I know your hair tangles badly, but do me a favor— After any bleaching service, detangle very gently for the first few washes, since your hair is most fragile when wet. After that and a couple mask rounds, you can go back to your usual routine.

GOING FOR A SWIM?

Wear a cap or spray your hair with conditioner + water before taking a dip. This will shut out the harsh chemicals and keep your locks pristine and healthy.