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Welcome to Kalikose Hair Design

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**While science appears to have proven that hair does not have a mind of its own, which the majority of the adult population might wish to dispute, there are some facts which it might prove useful to know:**

- 1 Healthy hair is highly elastic and can stretch up to 30% before it breaks.
- 2 Hair can absorb its own weight in water.
- 3 Hair is stronger than copper wire of the same diameter.
- 4 Hair grows faster in the summer, and during sleep, and between the ages of 16 and 24.
- 5 Hair grows about half an inch a month on average, which means about six inches in a year.
- 6 Hair growth is extremely sensitive to hormonal changes in the body.
- 7 Each hair has a growth phase (called the anagen phase) which usually lasts between three and five years. So a full length hair would be between 18 and 30 inches long - or 45cm to 75cm for those who prefer metric measurements.
- 8 Around 90% of your hair is in the anagen (growth) phase at any one time.
- 9 Each hair grows from a follicle, of which we are each born with a specific number. It is the size of the follicle which determines the thickness, and often the maximum length, of your hair. Each follicle has the ability to grow between twenty and thirty hairs.
- 10 On average a scalp will have around 120,000 hairs.
- 11 Hair is largely comprised of protein and water.

How can we use this knowledge?

**Dietary factors are important to good hair health.**

Having a good and balanced diet can have a significant effect on your hair.

The most important meal of the day for the hair (and you) is breakfast.

Fresh fruit, cereal or muesli, whole wheat bread, eggs, fish or other protein would be good for breakfast.

Lean meat, fish, chicken, vegetables, baked potato, mixed salad and more fruit for lunch or dinner.

Drink plenty of water.

### **The follicles' size determines the thickness and length of the hair.**

The follicles' size is itself determined by the supply of nutrients and the maintenance of high cellular energy.

However, if the follicle is subjected to sebum or becomes blocked, the follicle cannot function properly and even if hair growth continues it will be at a reduced rate, quality and thickness.

This is why regular cleansing to remove the sebum is important.

Assuming you've chosen the correct products for your hair type, you cannot over shampoo your hair.

You should certainly shampoo after exercise, or after exposure to hot sunlight, when sebum production will be at its highest!

Also remember to rinse thoroughly to remove all traces of shampoo and/or conditioner.

### **Sun, sea and swimming pools may be good news for you but not for your hair**

You need to protect your hair from the effects of all salt, chlorine and ultra-violet light.

Remember that if the scalp is exposed to the sun during sunbathing it can become burnt just as easily as any other unprotected skin. If you don't wear a hat for protection, try applying a small amount of high factor sun tan cream carefully to the scalp with your fingertips. You might also think about applying some conditioner just as you would a styling gel; then leave it in the hair. This will protect and condition your hair at the same time.

If you go for a swim try to rinse your hair thoroughly with regular water each time you come out of the sea or pool. Once you have removed the salt or chlorine you can reapply a little conditioner as you would reapply sun tan oil/lotion.

After a day in the sun wash your hair in the evening using a moisturising shampoo and conditioner.

### **Most Hair Products are designed to work best with particular hair types. You can determine your hair type relatively simply:**

?? Start at the 'root' of things - if your roots are greasy within 24 hours of

shampooing, you have oily hair. If you can go a couple of days before a slight oiliness appears, then you have normal (to oily) hair. If you can go three days or more and the roots still seem dry, you have dry (to normal) hair.

- ?? Hair will naturally be drier from the mid-lengths to the ends and will therefore benefit from conditioning.
- ?? If hair is short, fine, lightweight and/or straight, and you chose a normal or oily shampoo, then a daily conditioner or light conditioner (sometimes described as detangling conditioners) will usually best suit your hair.
- ?? Longer hair, of medium texture, wavy or thick straight hair, normally need moisturising conditioners.
- ?? If your hair is coarse textured, very curly or frizzy, then use a moisturising conditioner in conjunction with special treatments that are available.

However, be aware that hair quality is never a constant. It is prone to climatic changes, health and emotional disruption and can become finer, coarser, oilier, drier, smoother, frizzier very quickly indeed.

From time to time, you may need to re-assess your hair type in order to get the products that will maintain your hair in perfect condition.

### **Washing your hair**

- ?? **Preparation** If you have very long hair or very curly hair, use a wide-toothed comb to detangle your hair as much as possible prior to wetting.
- ?? **Wetting** Before applying shampoo, wet the hair thoroughly using warm water. If the water is too hot it will increase the release of sebum, and if it is too cold the shampoo won't penetrate properly.
- ?? **Shampoo** You need to use just enough shampoo to wash your hair. It is important to remember that Professional Salon shampoos are not designed to create a mass of foam, they only contain the ingredients necessary to wash your hair and they are more concentrated with those ingredients than standard shampoo. You will certainly use less Salon shampoo than standard shampoo to wash your hair.
- ?? **Massaging** Make sure the shampoo is applied evenly all over your head, paying attention to the front hairline, nape and around the ears where hair tends to get the dirtiest. Use your fingertips in a firm circular motion all around the scalp and continue for between one and three minutes depending on how much hair you have to wash.
- ?? **Rinsing** Washing your hair in the shower is going to give you the best results. The most common cause of dull hair is inadequate rinsing, so rinse, rinse,

rinse - and in clean warm water.

- ?? **Conditioner** A good conditioner, suited to your hair type, is vital in maintaining healthy hair. Apply the conditioner through the clean hair from roots to ends. All conditioners work on the scalp and the skin too (and without clogging the follicles as long as you remember to rinse well), so a gentle massage will help work the conditioner through. If you have the time leave the conditioner on your hair for three to five minutes. If you have longer hair comb the conditioner through your hair.
- ?? **Rinsing** It is best to rinse off the conditioner using water that is as cool as you can stand. The cooler water will close and seal the hair shaft and the follicle, helping to lock in the shine and condition. Rinse really well.
- ?? **Drying** Squeeze all the excess moisture out of your hair with a towel. Do not rub your hair too vigorously as this causes friction, knotting and possibly breakage. Comb through your hair.
- ?? **Styling** If you're creating a blow dry style wait until your hair is about 70% to 80% dry before applying styling products. This will make blow drying quicker and easier. You will be less likely to over work the hair so it will stay shiny and supple and the end result will look fluid and more natural. An exception to the 70% to 80% dry rule is very frizzy, coarse hair that you're trying to blow dry straight, this needs more moisture left in to begin with.
- ?? If you blow dry your hair a professional hairdryer might be worthwhile investment. Professional hairdryers will have at least a 1200watt AC motor. They will have at least two heat and speed settings, and usually a 'cool-shot' option to help set styles in place. The extra long cable may also prove a bonus. Being manufactured for professional use should also mean that the hairdryer will be more robust in both its construction and its performance, giving many years of service in domestic use.

Good quality combs and brushes will ensure that your hair gets gentler treatment. There are many other hairdressing aids and your stylist will be happy to advise you what products would help you maintain your hair's salon look.