



GLOSS GUIDE

RETRAIN YOUR SCALP

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I am a huge fan of not shampooing your hair daily. In fact, I always advise my clients to shampoo their hair every 3 days.

Every time we shampoo our hair, even with the good stuff, we are stripping all of the natural oils from our scalp. Doing this actually causes your scalp to overproduce these oils, therefore making your hair more oily! Retraining your scalp, (ie. extending your time between shampoos), helps to stop this overproduction of oil.

So here's the challenge: wash your hair every 3 days.

Yes, I'm being serious! Commit to this for 3 weeks and you'll no longer be stripping away your natural oils AND the oil glands on your scalp will no longer be overproducing (it's a win-win!).

It may feel strange at first, and you probably will not like it in the beginning, but the pay-off is significant. For those of you who are already shampooing every 3 days, try going every 5 days!

Just see what happens.

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Not sure you will survive without washing every day?

Try **dry shampoo** in between wash days - it is a total game changer! I absolutely LOVE dry shampoo. It is a staple not only when I work in the salon but also when I am home - it is always a part of my hair regime.

Dry shampoo absorbs excess oils on the scalp, gives volume to your weighed down roots, and can even add a fresh scent to unclean hair (especially great to use after a workout).

When using dry shampoo, make sure you shake the bottle before you use it, spray at least 12 inches away from your roots, and always massage it into your scalp.

Fun tip: Use dry shampoo on freshly washed hair for added volume before styling!

Watch a small video in the Gloss Gallery to see how I use Fresh and Go Dry Shampoo by Pureology.

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