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SOLVING YOUR WINTER HAIR PROBLEMS

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at **Ken Picton Salon**

Many of us find that our hair can be more difficult to manage in the Winter. This is down to a number of factors; the colder weather, damp air, wearing hats and going indoors and outdoors between warm and cold temperatures. Coupled with the fact that we're generally a bit more rundown post Christmas, our hair is the first part of the body that misses out on nutrients, which can leave your hair feeling dry, frizzy and lacklustre.

Here at Ken Picton Salon, we've got it covered with our top tips on how to look after your hair this Winter.

The cold and damp Winter weather can sometimes leave your hair looking frizzy and unkempt. Frizz is caused by lack of moisture in the hair, which then contributes to a raised cuticle. Once the cuticle is raised it is susceptible to moisture in the atmosphere, pollution and heated styling equipment.

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FAREWELL TO THE FRIZZ

- Instead of using extremely hot water to wash your hair, try turning the temperature down to lukewarm – this will prevent your hair from being stripped of all of its natural oils that help to keep your hair hydrated.
- Using heat protection when applying direct heat from your styling tools will help to avoid damaging your hair.
- Switch your pillow case for a silk alternative; the natural properties of silk, including its smooth surface, can help reduce friction on the hair so switching to silk will help combat frizzy hair and damage to the cuticle.
- Applying an oil to the mid-length and ends of your hair is as a wearable treatment that works deep into the second layer of the cuticle, to nourish the hair and tame frizz. Oils can be very versatile; you can use them on towel-dried hair prior to heat styling and as a finishing product.

My personal favourite is the Shu Uemura oil, it's a multi-use hair oil that moisturises and protects hair with intense nutrition. Camellia Oil (tea seed oil) absorbs rapidly, deep into the hair's cortex, leaving it soft and silky with high shine. This velvety hair oil rebalances the hair's moisture level and provides all-day UV protection without weighing down even the finest of hair. It's formulated for daily use, and is safe on colour-treated hair.

Curly hair is naturally more prone to frizz, but the Discipline range from Kerastase tackles unruly and frizzy hair and transforms it into strong, smooth and nourished hair full of movement. This particular range is also perfect for straightening and taming naturally curly hair.

- A longer-term solution for taming unruly hair is to invest in a Keratin Smoothing System treatment. In salon we offer an advanced protein technology called KeraStraight, it's an absolute game changer! It can transform the shape and condition of all hair types. The unique combination of low pH proteins will transform dry, damaged and weak hair into healthy, straight and strong hair that looks and feels amazing. These incredible repairing agents rebuild the hair with added elasticity, strength, vitality and shine providing a smooth, soft and straighter finish. The treatment lasts for up to 4 months, gradually fading from the hair.



- By swapping your conditioner for a hair mask once or twice a week you'll give your hair a boost of moisture, preventing colour fade and increasing shine. The Kerastase Nutritive range is suitable for slightly dry to very dry and sensitive hair.

Hat hair is never a good look, but who wants to be out in the cold with no hat?

Try these styling options to ensure your hair looks as good as it did when you left the house.

- The cold friction from the hat can leave your hair looking static and flat. Use a volumising shampoo and conditioner followed with heat protection and some oil before blow-drying to give your hair a sleek finished look.
- Blast the hair off, and then take small sections starting from the nape and work towards the forehead, taking the time to really smooth the cuticle down.
- Once the hair is dry, depending on the length of the hair, you can twist the hair to form a bun and then pin it, placing your hat carefully. Once at your destination, take off your hat carefully, pull out the pins and then run your fingers through the mid length and ends to separate your hair. Massage the roots with your fingertips to get that added movement. Finish with a light hold hair spray and voila! There you have an effortless tousled hair do. If you want to accentuate the wave to a curl you can try curling it after blow-drying.



- Before putting on your cosy hat, change your parting to the opposite side then change it back afterwards to create more volume at the roots.
- Make sure the hair is completely dry before putting a hat on, this way the hat will have less impact on the way your hair looks once you take it off.
- Keeping some serum or oil in your bag to put through the mid-length and ends once the hat is taken off can alleviate any frizz, this is essential for curly hair, then use your finger tips to massage the roots for extra volume. Using volumising products will avoid the roots laying too flat once the hat is taken off.
- Using a dry shampoo can help to give the hair a more textured look and it will also help if your hair is due to be washed that day. Opting for a wool or cotton hat will prevent static and control the smoothness.
- If your hair has been pre-curled, wrap the hair into twists and then pin it, then pull out and give it a shake. This is especially useful on wet days when you want to make an effort or if you are going out but can't avoid wearing a hat.

- Lacklustre dry hair can be the result of a party-hard December, illness or just general lack of hair friendly nutrients. Our clever bodies direct nutrients to where they need it most and so the hair is the first place to lose out when these are being channelled elsewhere.
- The solution is to make sure that you're getting a healthy amount of good fats which you can get from oily fish, nuts seeds, avocados, as well as leafy greens which are a good source of iron.
- In addition to a healthy diet, Viviscal Professional hair vitamins are designed specifically to create thicker fuller looking hair.
- Usually people have more than one specific hair need so trying the Kerastase Bespoke Rituals treatment for hair and scalp, based on a professional personalised consultation, will target two areas that require some love and attention.

Top tips summed up:

- Wash hair less often
- Use less heat
- Have regular haircuts
- Invest in a tangle teezer
- Invest in professional range products
- Use a pre-shampoo oil or conditioner
- Comb long and knotty hair, ends to roots

Remember everyone's hair is different, so think of your hairdresser as the ultimate guide to give you a bespoke diagnosis and prescription for your hair's specific issues. We are able to work out from the condition of your hair, what it's lacking and recommend the perfect solution for its needs!