



Tips on how to look after your lighten hair at home

Congratulations on your new hair colour from Freedom Hair Artistry! It's important to have a gentle and regular hair care routine. Here are some tips to help you care for your blonde, lightened hair:

Use high quality Shampoo and Conditioner: Invest in high-quality products specifically designed for lightened hair. These products help preserve your blonde and prevent premature fading. Incorporate a purple or violet toning shampoo into your routine to counteract brassy tones, only as recommended by your stylist as not all blonde shampoo's suit everyone.

1. **Wash Less Frequently:** Over washing can lead to color fading and dryness. Try to shampoo your hair every 2-3 days or as needed to maintain natural oils and color.
2. **Hydrating Masks and Conditioners:** Use deep conditioning masks and conditioners regularly to provide extra moisture to your hair.
3. **Avoid Hot Styling Tools:** Excessive heat can cause damage to lightened hair. If you must use hot styling tools, apply a heat protectant spray before styling and use the lowest heat setting possible. Embrace heat-free styling methods like air-drying or using soft rollers.
4. **UV Protection:** Blonde hair can be more susceptible to UV damage, which can lead to color fading. Wear hats or use hair products with UV protection when you're out in the sun.
5. **Avoid Chlorine and Saltwater:** Both are damaging to lightened hair. If you're swimming, wet your hair with fresh water and apply a leave-in conditioner before entering the pool or ocean to create a protective barrier.
6. **Regular Trims:** Trim your hair every 6-8 weeks to get rid of split ends and maintain a healthy appearance.

Remember that everyone's hair is unique, so you might need to adjust these tips to suit your hair's specific needs. If you notice significant changes in your hair's condition, it's always a good idea to consult with a professional hairstylist for personalized advice and treatments. **Coconut oil is not recommended before or after having your colour service.

Have a great day!

For more personalized advice or to book your next colour maintenance appointment, contact us at:
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This is a general guide. Individual hair types and conditions may vary. For the best results and tailored advice, consult with your stylist at Freedom Hair Artistry