

10/15/2019 How To Recover Hair After Frying it With Bleach - YouBeauty



## How To Recover Hair After Frying it With Bleach

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Whether you got inspired by Kim Kardashian or just trying to cover grays like me, blonde hair seems like a great idea until you realize the maintenance involved. Achieving lustrous golden locks or cool ashy hues takes a lot of work and money. And then there's the damage.

### Bleached Hair, Do Care

Lindsay's advice toward the road to recovery? "Embrace taking a break from thermal styling. The heat from thermal styling can cause more breakage or damage. Gentle blow drying on low heat while using a thermal protectant can be done but avoid curling irons, at irons, wands, etc."

And as for treatments like coconut oil and **Olaplex**? Her advice is to go easy on it. "Use these products as a treatment meaning 1-2 times a week. Though you may think this will repair the hair instantly the more you use, that is false. If you over proteinize the hair, you are going to welcome more breakage."

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Frank Friscioni, Master Colorist at **Oon Arvelo Salon**, is a firm believer in regular trims to prevent further damage. "Slicing and dicing the ends are the best in the long term. Ends will continue to split once they are dead. Damaged ends from over bleaching can be saved with care and love."

And while at-home treatments like deep-conditioners can help temporarily, his advice is to head to a professional for stronger treatments.

Kim's favorite is Frank's recommendation as well. "Olaplex is designed to keep the hair strong and prevent future damage. Olaplex keeps the hair strands bonded together rather than causing breakage. Imagine tearing cotton candy from the stack. That's kind of what happens when the hair strands are not protected. The erce and potent new ingredient, Bis-Aminopropyl Diglycol has made a huge impact on the beauty industry for its excellence."

While it seems all your efforts should be focused on your strands, Frank advises not to neglect the scalp. "It's best to use a great scalp and build up remover often and denitely before any treatment. It's similar to cleansing your face before bed and adding night cream. I like a scalp and hair product called **Christophe Robins Cleansing Purifying [Scrub]**. A little goes a long way, and it's worth the price!"

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