Hair Tips for the week of 11-28-2012 by Ladosha Wright

“OMG! I’ve been sitting here on Facebook, the time has slipped past and I’m about to be late for my hair appointment.” You swipe your iPad to exit Facebook and leave. You arrive to your appointment just in the nick of time. Your stylist styles your hair quickly Your hair is full, you can tell it’ growing, you love the cut; but wait. Something is wrong. You plop back in the chair; your stylists ask, “What’ wrong?” Your frump and hunch, “It looks dull.” She reaches for the oil sheen and just as she begins to spray, you reach for her hand and say, “Ewe, I hate oil sheen.”

We all want shine. How do we achieve it? Can it be done without all the heaviness?

Of course, noooo problem (in my Jamaican dialect)! The “ewe,” on the oil aerosol oil sheen is not a common choice of most women anymore. Aerosol oil sheens can be light and are often

labeled "Ozone Friendly" when applicable. Yet, most consumers do not like aerosols. Achieving shiny hair is not just about spraying or rubbing something on top of the hair to finish the style.

Recently, I attended the Haircare Ingredient Virtual Conference hosted by the esteemed folk over at Cosmetics Design-USA.com. So, my response to this very common question is influenced by what I learned!

For starters, shiny hair starts with a very clean and resin free surface. In real terms that mean squeaky clean hair. Creamy to thick shampoos that are full of drying alcohols are usually the culprit to dull hair.

Next, to achieve more shine, blow-dry your hair in small to medium sections in a downward motion. Remember to apply a thermal protectant on your hair to buff your hair from the heat and tugging. Afterwards, flat iron or straighten your hair using 1/8th to 1/4th inch parted sections. If you are flat ironing your hair go slow and when straightening your hair use the back of the comb to press your hair slowly to ensure your hair will not convert. Do not use heavy amounts of pomades (grease) or oil.

Keep in mind, darker hair has a tendency to shine more than lighter colored hair. Use lighter oils such as grapeseed, olive and almond oil based hair glossers. The use of an all-purpose comb, wild boar or porcupine brush are all great for re-distributing oils from the scalp to the ends of the hair to produce more shine and bounce to your hair Do not use plastic, nylon or vent brushes.

They are the culprit to the tearing, snarling and ripping of hair.

As you can see, shiny hair is not limited to what is in a can or bottle. Also, spraying a lot of product will not make hair shine; instead it will make hair dull.

Now, how is that for shine?