



# Styling Prep Sheet

## **Medium to Fine /Thin /Hard To Curl Hair:**

1. Do not go to sleep with your hair wet or in a messy bun. This can cause frizz and breakage
2. Arrive with clean, dry hair.
3. Shampoo and blow dry the night before or the morning of.
4. Before blowdrying, apply appropriate amount of mousse to scalp to help add texture (you don't want it crunchy) Blow dry upside down.
5. Your hair **MUST** be blow dried after shampooing. This will help smooth the hair, add shine, and create volume.
6. Consider a professional blowout the day before if you are not confident in your own blow-drying skills.

## **Coarse/Thick/Heavy Hair:**

1. Follow the same directions stated above.
2. Instead of using mousse you will add a smoothing cream/serum to reduce frizz. Use sparingly as too much will make your hair oily.

## **Curly/Wavy Hair:**

1. If you have curly or wavy hair and **DO NOT** want to keep your natural hair pattern, shampoo, and use a smoothing serum or conditioning product to blow out straight.
  2. You can also consider a professional blowout the day before.
  3. If you would like to keep your natural curl pattern intact, please prep your curl as you normally would.
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