

Thick hair – salon secrets you need to know



If you have thick hair, chances are everyone's telling you how lucky you are and you get loads of compliments about your beautiful, thick tresses. But little do they know the amount of time and trouble that goes in to keeping them looking that way.

Whilst we can't make your hair look fabulous in five minutes flat, with our salon secrets you will at least be able to minimise the effort.

Lock moisture in

Thick hair can often be dry hair, so it's important that you add moisture back in by using a good conditioner every time you wash your hair.

Then, once a week or once a fortnight, use a conditioning mask – we like Moroccan Oil's [intense hydration mask](#). This 5-minute revival treatment, which deeply hydrates and conditions, is rich in argan oil, and leaves your hair shiny and more manageable.

Finally, make sure you always use a heat safe styling product to protect your hair when blow drying or using straighteners.

If you want a short cut with thick hair, you don't want anything that will look too bulky. Coco Rocha's close-cropped under layer lets you play with length in the front without any of the heaviness.



Get organized and be patient

If you've got thick hair it's no good deciding to wash it 10 minutes before you need to leave the house. It's just not going to happen. Think about when's the best time in your schedule to wash your hair because as we know, it can take an age to dry, especially if it's long as well.

Wherever possible you'll want to leave the hair-dryer well alone until your hair is at least 80% dry. So after washing, towel dry before adding in any styling products. Then leave it for an hour or so until it's almost dry before blow drying and styling. You'll save time in the long run and your hair will feel softer and smoother too.

Use the right products

To achieve the best finish, make sure you're using the right products for your hair. You definitely don't want anything that mentions volumising!

Frizz is often the plague of thick hair, so it's vital that you use a product to combat this. We love the KMS Tame Frizz range – it gives instant frizz control and manageability. Another of our recommendations is original Moroccan Oil which gives fabulous shine and also helps to control frizz. Combine either of these with a heat safe styling product like KMS hot flex crème.

Also it's worth investing in a really good, natural bristle brush, as these are tough enough to cope with the thickest of hair, but are gentle too. But don't forget; never brush wet hair as this can cause damage. Invest in a wide toothed comb to work through wet and tangled tresses.

Make layers your friend

As anyone with thick hair will tell you, layers are a girl's best friend. Long layers tend to work best – as a general rule no shorter than your cheek bone. Layers give your hair movement and texture and they also help to thin it out a little too.



Layers will stop thick hair looking one dimensional

Choose a fringe with care

A fringe can look great on thick hair but avoid anything too short, especially if your hair is wavy. A long, side swept fringe paired with long layers always looks fabulous and is perfect for thick hair.

However, if you do want to keep it shorter, a thick, blunt fringe is right on trend at the moment. Just grazing the eyebrows, it makes a real statement.



A blunt, eyebrow grazing fringe looks great with thick hair.

At Lifestyle we offer a free consultation service, so if you're struggling with thick hair and need advice on the best style for you— come and talk to us. During your 15 minute consultation you'll be able to chat with a stylist about what styles will suit you best, taking account of your hair type, face shape and lifestyle.

To book your free consultation, call your local salon:

Aylesbury – 01296 330220

Milton Keynes – 01908 614642