

Heat How To

UPLIFTED SALON HAIR HACK SERIES



Uplifted
S A L O N

Heat Settings Freebie

UPLIFTED SALON HAIR HACK SERIES

Grab a snack, your favorite champagne, fuzzy socks, and get ready to have all your hair dreams come true!



Products Matter

SET YOUR HAIR UP FOR SUCCESS

Let's be real for a minute, babe.

Walgreens is a great place to pick up your prescriptions.. not so much for hair products.

What you put on your hair matters and one of the most important steps is your heat protectant!

We recommend using The Shield by Amika! It's lightweight, protects your strands, and won't coat your cuticle with wax!

Avoid products with claims of "healing split ends".



Hottest Isn't Best

BLOW DRY WITH CONFIDENCE

You might be leaving your hair on your hot tool way, way too long.

The best way to determine how long to leave your heat tool on your hair is to place your index finger on top of your hair that is wrapped around your heat tool.

Feel your hair heating up? That means it's time to put down the iron. If the idea of placing your finger near your hot tool is making you cringe, it's likely because your tool is up too hot... cool it down, sister!

WE CAN'T LIVE
WITHOUT OUR DYSON!



Know Your Temps

SET AND DON'T FRET

If your tool is at the appropriate heat setting for your hair type, you should be able to place your index finger on top of your hair or near the iron with ease while waiting for your hair to heat up.

Here's a quick cheat sheet to refer to when setting the temps on your tool:

FINE/COLOR TREATED HAIR:
THREE HUNDRED DEGREES OR LOWER

MEDIUM/NORMAL TEXTURE:
THREE HUNDRED TO THREE EIGHTY DEGREES OR LOWER

COARSE/UNRULY TEXTURE:
THREE FIFTY TO FOUR HUNDRED DEGREES OR LOWER.



A Few Final Thoughts...

See a crease when you place the flat iron on your hair? It's too hot.

See steam coming from your iron? It's too hot.

Remember: Slow and steady wins the race!

WISHING YOU A HAPPY HAIR DAY, BABE
- UPLIFTED SALON

