



Hair Preparation

Good Preparation before the wedding

This is a good time if you haven't already invested in a professional shampoo and conditioner; you should also now be in the habit of at least once a week applying an intensive treatment to your hair.

Ideally you should be using a heat protector every time you style your hair; otherwise all of your hard work will be lost. Consider getting into good cutting habits, have regular trims (every 6 weeks) even if you're growing your hair this will promote strength and prevent split ends. Between 6 - 3 weeks before your wedding day is the perfect time to arrange your final trim.

If you or your bridal party would like to receive 20% off your first-time colour and cut or 10% off all Extensions at the Award-Winning Silhouette du Barry in Chelmsford please use Code: **CLHBRIDE** when booking.

Recommendations

Kenra Platinum *Revive or Thickening Shampoo and Conditioner*

Kenra Professional *Volumizing or Moisturizing Shampoo and Conditioner*

One week before the wedding

One week before is a good time to refresh your colour but I would strongly recommend no dramatic colour changes, just in case you don't like it.

I would suggest using a good volume/Thickening shampoo about now as this helps to make the hair less slippery creating a natural grip for your wedding day.

If you have extra thick or coarse hair, I recommend using a Moisturising /Revive shampoo instead.

One day before the wedding

Dry styling Preparation

If everyone could wash their hair the day or evening before I arrive.

If there is someone who prefers to wash hair on the day, please use a volume shampoo, no conditioner and allow to dry naturally or rough dry only.

Anyone having their hair blow-dried I can spray down with my water spray

If hair really needs conditioner please only use small amounts, approximately the size of a 5 pence piece is all that's normally required.

Please ensure the hair is completely dry prior to my arrival as this will have an effect on timings.

Please do not use straightening irons as this will counteract the way the hair reacts when trying to style unless you have unruly hair that can't be blasted straight.

Please wear loose tops or dressing gowns when having hair styled.

If everyone can be showered before their time slot, this helps to ensure a calm and organised wedding morning.

Following these simple instructions makes styling curls and volume, hold better, it creates a balance between manageability and a perfect foundation to work from.

Products I recommend

As you can imagine I have tried and tested dozens of shampoos, conditioners and styling products over the years. Although you're free to use whatever you like it's important that you try to stick with the same brand, products from the same family are designed to complement and work for each other.

I'm sure I mentioned during your trial, my brand of choice is KENRA PROFESSIONAL®; these products have never let me down and never cease to amaze me.

For this reason I became a part of the extended KENRA Professional® Family, the first wedding and bridal hair stylist in the UK to partner with KENRA.

Feel free to visit the KENRA online store and take advantage of your bridal discount on all products for you. Apply the DISCOUNT CODE: **brides2020** – for your **20% off**

Store: clarelousehair.com

Bridal Hair Stylist: clarelousehair.wedding