

tints of nature®

Hair Care during Treatment for Cancer

During treatment for cancer we recommend the following:

- Use a gentle shampoo (for example, Tints of Nature Sulfate-Free Shampoo) to help prevent the scalp and hair becoming too dry
- Avoid vigorous brushing
- Avoid excessive heat from hairdryers
- Avoid colouring or perming the hair.
- Use of a scalp treatment such as Tints of Nature Scalp Treatment may be suitable, but please consult your doctor beforehand.

Hair Care and Colouring after Treatment for Cancer

- Chemotherapy – hair may start to grow back before the end of the treatment. Usually you will have a full head of hair between 3 – 6 months following the end of the chemotherapy. The hair often grows back very fine at first and may be a different texture, colour and possibly curly, even if it was previously straight.
- Radiotherapy – hair regrowth is slower than with chemotherapy; it usually takes 6 – 12 months before the whole of the head is covered in hair.
- When hair starts to grow back, the scalp can be very dry and scaly. Use of a scalp treatment, such as Tints of Nature Scalp Treatment, may be suitable. An aqueous cream can also be used until the hair is long enough to shampoo. When the hair is long enough, we recommend use of a gentle shampoo, such as Tints of Nature Sulfate-Free Shampoo, along with a gentle conditioner, for example, Tints of Nature Conditioner. Ingredients such as Sodium Chloride (salt), Sodium Lauryl/Laureth Sulphates can be harsh on the scalp and strip moisture and colour from hair, so look for products without these ingredients. Instead look for products containing natural proteins, plant oils and UV filters, to help protect hair which can be delicate at this stage.
- Once there is about one inch of hair growth, it may be possible to consider colouring the hair, if desired. Colouring should NOT take place if the hair and scalp are brittle, excessively dry or flaky, irritated or breaking.
- A skin sensitivity test MUST be carried out before applying any colour.
- We recommend that a temporary colour is used for the first few months, such as Tints of Nature Semi-Permanent range. A true semi-permanent will not require any mixing with peroxide and typically lasts between 6 and 12 washes.

TON_Cancer Care_V3_0612

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As the hair becomes stronger, you can then think about moving over to permanent colours, such as Tints of Nature Permanent range.

- We recommend the following colouring process:
 1. Carry out the sensitivity test and stand test. In some cases, the colour result may be 1 or 2 shades lighter than the target shade. The strand test should show what the colour result will be on your hair. If the colour result is too light, you may need to choose a colour that is 1 or 2 shades darker.
 2. Colour choice – if a fashion colour is desired, you must mix the corresponding natural shade to the fashion colour in equal amounts, e.g. 25ml x 7N plus 25ml x 7D plus 50ml x Colourfix.
 3. Follow the instructions for hair which has not been previously coloured.
 4. Cover the head with a plastic cap and allow to develop for 30 minutes. Heat is NOT recommended.
 5. Once the colour has developed, remove the colour in the normal manner. Shampoo the hair with the sachet of Tints of Nature Shampoo included in the box. Rinse off and apply the Tints of Nature Conditioner sachet. Leave for 5 minutes and then rinse thoroughly.
 6. During the colouring process, if you experience ANY discomfort, itching, irritation, etc, rinse the colour from the hair, apply Tints of Nature Shampoo and rinse. Then apply Tints of Nature Conditioner and leave for 5 minutes. Rinse thoroughly. Do NOT apply any further hair colour.

For more information on the products mentioned above please visit our website www.tintsofnature.co.uk or call our Customer Support Team on 01590 613490.



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