

Please answer these questions before your consultation

Depending on your hair type, structure, hair history, age, etc. all hair needs different care and different products. The more you understand and commit, the more beautiful hair and the more fun it will be to have curly hair.

Here is a small quiz that can be a good start before our conversation on the phone.

Question 1.

There are 4 hair types that all need different care and different products. For example: Asian hair counts as straight or wavy. An afro hair counts as curly, etc. Tick the type that you feel matches your hair the most.

- a) Straight b) Wavy c) Curly d) Coily

Question 2.

If the strands are thicker or the quality is coarse, the hair is often drier. If the strands are thinner and finer, they need less moisture to avoid being too heavy. Tick the type that you feel matches your hair the most.

- a) Thinner/finer strands
b) Quite mixed because the whites are beginning to emerge
c) Thicker/coarser strands
d) I have no idea

Question 3.

What is your preferred hair goal? How do you primarily want your hair to look and be perceived? Big, healthy, soft...

Tick the type that you feel matches your hair the most.

- a) I want easy-to-maintain hair that holds the curls together for a few days
b) Above all, I want more volume and fullness in my hair
c) I don't know what I want, don't know how or what to do
d) I want soft hair that I can run my fingers through

Question 5.

What is in the products you are using now? You can usually read on the front what the manufacturer wants to highlight. Is it specifically for dry hair? Or fine hair?

Tick the type that you feel matches your hair the most.

- a) Have no idea, never read on the ones I use
b) I only use CGM products or Low poo
c) I easily get allergic reactions but don't know why
d) I use products that I think should work, but still can't get it to look good

Question 6.

There is much that affects the shine and well-being of the hair. How often do you give your hair extra nourishment in the form of a hairtreatment?

Tick the one that best matches your routines.

- a) Never done any treatment, what is it?
- b) Sometimes when I remember, maybe 2-4 times/year
- c) Quite regularly approx. 1 time/month
- d) Often, every second or every wash because my hair is so damaged

Question 7.

What type of treatment do you use? An oil is not a treatment even if it gives the hair a certain shine and protection. Are you doing the treatment the right way so that it really benefits the hair?

Tick the one that you feel matches most with your routines.

- a) I don't know at all how treatment works, have only used olive oil or coconut oil
- b) I think I'm doing the right thing, I have a product that I bought cheap somewhere
- c) I always do treatment after shampoo and conditioner
- d) I know how to treat my hair properly because I have read the book ``Självfallet''

Question 8.

Have you done any chemical treatment on your hair in the last 5 years? Has the treated hair been cut off or is it still in the ends? (calculate that the hair grows approx. 1 cm/month)

Color, bleaching, color removing, henna, own well, etc. All this affects the hair very much and needs to be kept in mind.

Tick the one that you feel matches most with your routines.

- a) I let the sun bleach it naturally every summer
- b) I color or do some effects a few times a year
- c) I bleach strands or dye my hair regularly
- d) I often change my hair color completely, I like to vary myself

Question 9.

How do you prefer to dry your hair? Do you use a diffuser on the dryer or let it dry on its own? The way the hair dries has a big impact on the end results.

Tick the one that you feel matches most with your routines.

- a) I always let my hair dry on its own, it's the easiest way
- b) I dry the hair with a blow dryer & diffuser for a little while, at least until it is 50-80% dry
- c) My curls always look their best when they dry completely in a diffuser with medium heat
- d) I usually dry my hair with a blow dryer without a diffuser

Question 10.

How often do you cut the ends? If you take good care of your hair on a daily basis, it will not look dull and need to be cut because of breakages. (If you have a shorter hairstyle that can lose shape, it may need to be cut more often)

Tick the one that you feel matches most with your routines.

- a) My family or friends cut my hair once a year when I ask them to
- b) I cut the ends myself when I see them splitting
- c) I go to the hairdresser about twice a year
- d) I go to a hairdresser regularly who understands and knows my hair well.

Notes: _____

