

**Many girls are interested in how things are done polishing the hair and how this procedure is harmless. If you carry out the procedure properly, the effect will be only to please – the perfect haircut for a few months without haircuts.**

### **In essence polishing.**

Polishing hair – this is a procedure that largely allows you to return the hair a healthy and well-groomed appearance. The most important thing that will please many girls is to get rid of split ends without losing length. This method is ideal for those who wants to grow gorgeous long curls.

In General, to get rid of damage is possible along the entire length, as it affects not only the tips. The result is perfectly groomed strands, pleasing their mirror-like Shine and silkiness.

### **Master Ivanna Pharisee invites you to this procedure anyone:**

- very damaged strands, a lot of damage on the surface;
- hair has undergone bleaching or perming;
- curls themselves are prone to dryness and damage;
- have a dream to grow as long strands.

If you are interested in, what is the procedure for polishing the hair, the answer lies in the name itself. Hairs like a really polished special attachment on the clippers. Nothing wrong with that: strands are not damaged, but rather transformed. From the start clean, dry hair treated with a hair iron, so you can see the damaged hairs.

Processing starts from the nape, for each strand it is necessary to machine on average 3 times. At the end of the procedure, the wizard still takes a little long, but not too much – just one or two centimeters. To consolidate the effect of the curls apply a special oil.

### **Advantages and disadvantages.**

Proper polishing hair pleases many clients: so perfectly beautiful hair, no broken hairs sticking out. **Among the advantages of the procedure:**

- hair becomes softer and manageable, it lasts on average 4 months;
- minimal loss of length;
- removed 90% of the damage;
- the strands are no longer highly confused, they are easy and pleasant to comb;
- this is a very effective prevention;
- hair cut turns out perfectly straight, hair strands grow back evenly;
- the maximum that can be cut from the damaged hairs is 10 mm, which is insignificant.

But despite all the advantages, [the polishing](#), there are a few downsides. It is impossible to make owners of fine hair so volume will not remain. In addition, it is impossible to do with hair loss, and curly and thick and does not will have no effect. In General, the master himself will tell you whether you fit this procedure and will bring you the promised result. Sometimes there's nothing better than scissors and will not come up – so you can correctly and efficiently solve a number of problems.

In Kiev the following services are provided by master Ivanna Farysei – a professional in their field with vast experience. Trust her and you will see how alive and beautiful steel your hair.

---

## We polish hair at home

Beautiful and obedient locks are the dream of any girl and woman. And we will be able to get what we want if we take proper care of our hair.

It's all very simple. Use as sparingly as possible shampoos and balms, best with a natural composition from certified manufacturers, wash your head with warm water, since very cold or hot water harms the structure of the hair. Apply moisturizing and nourishing masks from natural ingredients, rinse hair with herbal decoctions.



</ P>

Be sure to use the right amount Vitamins and minerals if not with food, then, as an option, well-chosen complexes of food additives. After all, hair simply needs vitamins A, C, E, almost the entire group B, as well as selenium, silicon, magnesium, copper, cobalt, iron, calcium, zinc, folic and lipoic acids and many other elements. An important condition for the preservation of healthy hair, this is their protection from the sun, wind, rain, frost, snow, exhaust and even cigarette smoke.

You can not insure yourself

No matter how zealously a person cared about his hair, there are such troubles as overdrying, freezing, damage during painting or discoloration. Again, our ecology, hereditary factors or lack of vitamins. And now, devoid of shine, unpleasant to the touch, dry curls that cut off the ends, which are difficult to comb, make you think about possible options for improving your hair.

One of the most effective ways is polishing hair.

## Existing types of polishing hair

The essence of such a procedure is to fill each hair with nutritious and even curative substances that will help strengthen, strengthen and return to them, porous and "cracked", a healthy appearance. A special compound wraps each hair with a thin film, thanks to which the scales are smooth, preventing quick washout of useful components.

Damaged hair to the touch dry and rough, and after treatment they become shiny, smooth and elastic. In order to achieve this result, you can visit beauty salons, where similar procedures can also be called elumination or simply lamination.

Recently there was another opportunity "Polish" the hair. A special nozzle is put on the clipper and with its help is cut only up to a centimeter from the entire length. Thus, the dried and visited tips of hair are removed, and the total length does not suffer. This is undoubtedly a wonderful device. But on this, its action ends and no internal influence on the structure of the hair occurs.

A good result is provided by professional polishes. Famous brands such as American Paul Mitchell or Italian Green Light. These compounds can process hair not only in the cabin, but at home, they are easy to use.



</ P>

How to proceed:

1. Thoroughly wash the hair from the styling, dust and surrounding contaminants, sebum;
2. Depending on the manufacturer's recommendations, the hair should either be dried well, or left slightly damp;
3. Distribute the drug along the entire length of the hair as evenly as possible through the strand behind the strand;
4. Put on a special cap, you can replace it with a packet of polyethylene or food film;

5. Alternating five-minute heating of hair with a hair dryer with the same cooling time, spend half an hour;
6. Rinse hair from the drug, apply conditioner and again rinse well.

You can enjoy smooth, lively and obedient locks.

However, not everyone can afford it regularly. Be serviced by an expensive master or even just buy a quality product. But do not get upset, because there are several excellent recipes that do not require large financial costs and give the effect is not worse.

## Reconstruction of hair, home recipes

- Let's start not with recipes, but with several Tricks. First, buy a brush with a thick and short natural bristles. Unlike synthetic hairbrushes and brushes, it will not electrify any hairs in general, or hair scales, but, on the contrary, smooth them smoothly, giving a natural sheen, and protect from delamination.
- Secondly, using a hairdryer for styling, Be limited to warm and cold air, do not burn your hair. Flow the air from the top down, it also helps to smooth the strands and gives a visual polishing effect.

### *Laminating with coconut milk*

In an enamel saucepan, combine half a cup Coconut milk, half a teaspoon of olive oil, squeezed out half a lemon juice and one and a half tablespoons of starch. Mix the mixture on a fire and reheat it, stirring constantly. You can not bring it to a boil. The mixture will gradually thicken, and as soon as the consistency begins to resemble the cream, immediately remove from the plate. Now you need to wash your head, apply balm, rinse and roll the hair for several minutes in a towel. On wet hair, evenly distribute a little cool mixture. Roll hair with polyethylene and a towel. After the end of two hours, rinse the mask with running water.

### *Gelatin Lamination*

Maintaining a 1:3 in tablespoons, mix dry gelatin from the sachet and warm water. The longer the hair, the more you need to prepare the mixture. Under the lid, insist gelatin about 20 minutes, it must completely dissolve. In the meantime, you can wash your hair with shampoo, treat it with balm and pat your hair with a towel. If gelatin is not completely stirred, you need to warm up the mixture slightly in a water bath, just do not let it boil. For the described portion

of water and gelatin should be added a little less than a teaspoon of your usual hair mask. Do not exceed this amount, so as not to reduce the effectiveness of gelatin.

When the mass is ready, and the hair is slightly moist, You can proceed to the procedure. Retreating from the roots about one centimeter, distribute the mixture in all the strands to the very tips. Wear a special cap or wrap the hair with a plastic bag. Top with a towel. For 15 minutes you need to warm your head with a hairdryer, then leave the mask for another three quarters of an hour. After this time, wash the gelatin from the hair and dry it.



</ P>

## Masks for polishing hair based on gelatin

Adding to the recipe various ingredients, you can adapt the mask with gelatin for certain needs or type of hair. Thus, you get a double benefit and a terrific effect.

- To increase the volume you need one yolk, according to A teaspoon of mustard powder, colorless henna and gelatin, 2 tablespoons of warm water. In a water bath, heat the resulting mixture slightly. Further all actions are similar to gelatin lamination.
- Softening Mask for Damaged Hair. To the usual proportion of gelatin and water 1: 3 add the oil of almonds. And for oily hair you need half a teaspoon, for a normal take whole, and dry need a half teaspoons of this oil. Dissolve and stir in a water bath, apply and leave for half an hour.
- On mineral water the mask with gelatin will be simply medical. And if you add a few drops of essential oil of lavender, cedar, mint or rosemary, you will get an amazing procedure.
- Fruit or vegetable juices, taken instead of water, Give hair strength and elasticity. For light hair, you can use lemon juice, pure or diluted. And brunettes are ideal for carrot juice.
- Strengthening and stimulating hair growth effect gives burdock or castor oil. You just need to add a half teaspoon of one of the oils to the mixture of water and gelatin, keeping the same proportion.
- Herbal decoctions perfectly heal damaged hair. Nettle or bark of oak for dark hair, daisy for light. Replacing the broth with water, dissolve gelatin, and for better nutrition, add a tablespoon of honey.
- For all types of hair, the universal ingredient is yolk. Adding it to a warm gelatin mixture, we obtain a softening and additional shine.
- A similar action is also provided by milk, used in place of water.

In addition to the above, it is important to remember, That any ailment always has internal, imperceptible at first sight causes. One of the main, and we have already talked about this, is the lack of vitamins and microelements. Take care of this. And do not lose the positive attitude, it helps to cope with any problem.

</ P>