

ogilvie home perm instructions

Ogilvie home perm instructions are essential for anyone looking to achieve salon-quality curls from the comfort of their own home. With the right technique and understanding of the perming process, you can transform your straight hair into beautiful, bouncy waves or curls. This article will delve into the step-by-step instructions for using Ogilvie home perm kits, tips for best results, and common mistakes to avoid.

Understanding Ogilvie Home Perms

Ogilvie has been a trusted name in hair care for decades, particularly known for its home perm products. These kits allow you to create lasting curls or waves without needing to visit a salon. Before diving into the instructions, it's important to understand the types of perms Ogilvie offers:

- **Regular Perm:** Ideal for normal hair types, providing classic curls.
- **Color-treated Perm:** Formulated for hair that has been dyed or chemically treated.
- **Body Wave Perm:** Creates soft, loose waves rather than tight curls.

Choosing the right type of perm for your hair type is crucial for achieving the desired look while maintaining hair health.

Gathering Your Supplies

Before you begin, ensure you have all the necessary supplies ready. Here's a list of items you'll need:

1. Ogilvie home perm kit (choose based on your hair type)
2. Plastic gloves
3. Wide-tooth comb
4. Hair clips
5. Towel
6. Plastic cap (usually included in the kit)
7. Timer
8. Shampoo and conditioner suitable for permed hair

Having everything prepared will streamline the process and help you avoid interruptions.

Step-by-Step Ogilvie Home Perm Instructions

Now that you have your supplies, it's time to follow the Ogilvie home perm instructions closely. The process can be broken down into several key steps:

Step 1: Prepare Your Hair

1. Start with Clean, Dry Hair: Wash your hair with a mild shampoo and avoid using conditioner. This helps remove any buildup and allows the perm solution to work effectively.
2. Dry Your Hair: Ensure your hair is completely dry before starting the perming process.

Step 2: Section Your Hair

1. Divide into Sections: Use a wide-tooth comb to part your hair into four sections - two at the front and two at the back. Secure each section with clips.
2. Subdivide Further: Depending on the thickness of your hair, you may want to create smaller sections within each of the four main sections.

Step 3: Prepare the Perm Rods

1. Choose the Right Size Rods: Select the perm rods based on the size of the curls you want. Smaller rods will create tighter curls, while larger rods will produce looser waves.
2. Wrap Your Hair: Take a small section of hair, comb it, and wrap it around the rod, ensuring it is smooth and taut. Secure the rod in place with a rubber band or the clips provided in the kit.

Step 4: Apply the Perm Solution

1. Put on Gloves: Protect your hands by wearing the plastic gloves provided in the kit.
2. Apply Solution Evenly: Using the applicator, apply the perm solution generously to each rod, ensuring all hair is saturated. Follow the instructions for the recommended amount of time to leave the solution on.
3. Cover with Plastic Cap: Place the plastic cap over your hair to help retain heat and moisture.

Step 5: Timing is Crucial

1. Set the Timer: Follow the instructions for timing based on your hair type.

Typically, the solution should be left on for about 15-30 minutes.

2. Check Progress: Every few minutes, check a rod to see if the curl has set. This is particularly important for those with fine hair, which may process faster.

Step 6: Rinse and Neutralize

1. Rinse Thoroughly: After the time is up, remove the plastic cap and rinse your hair under lukewarm water for about 5 minutes, without removing the rods.
2. Apply Neutralizer: After rinsing, apply the neutralizing solution to each rod. This step is crucial as it helps set the curls in place.
3. Leave Neutralizer On: Follow the instructions for how long to keep the neutralizer on, usually around 5-10 minutes.

Step 7: Final Steps

1. Remove Rods Carefully: After neutralizing, carefully remove each perm rod, starting from the bottom up.
2. Do Not Rinse Again: Do not rinse your hair again after removing the rods to allow the curls to set.
3. Dry Your Hair: Pat your hair dry with a towel and allow it to air dry or use a diffuser on low heat.

Post-Perm Care Tips

To maintain your beautiful new curls, consider the following tips:

- **Use Sulfate-Free Products:** Opt for shampoos and conditioners that are free of sulfates to avoid stripping moisture.
- **Avoid Heat Styling:** Limit the use of heat tools for at least a few weeks to prevent damage.
- **Deep Condition Regularly:** Incorporate deep conditioning treatments into your routine to keep hair moisturized and healthy.
- **Be Gentle:** Use a wide-tooth comb to detangle your hair, and avoid vigorous towel drying.

Common Mistakes to Avoid

Even with clear instructions, mistakes can happen. Here are common pitfalls to watch out for:

- **Skipping the Patch Test:** Always perform a patch test 48 hours before

perming to check for allergic reactions.

- **Not Following Timing Instructions:** Adhere strictly to the recommended times for both the perm solution and neutralizer.
- **Using Too Much Solution:** Applying too much perm solution can lead to over-processing and damage.
- **Rushing the Process:** Take your time to ensure each step is done correctly for the best results.

Conclusion

By following these **Ogilvie home perm instructions** accurately, you can achieve stunning curls or waves at home. Remember to take your time, choose the right products for your hair type, and practice good post-perm care to keep your locks looking fabulous. With these tips and techniques, you'll be well on your way to enjoying your new hairstyle for weeks to come.

Frequently Asked Questions

What are the essential steps for using Ogilvie Home Perm?

The essential steps for using Ogilvie Home Perm include preparing your hair by washing and towel-drying it, sectioning your hair, wrapping it around the perm rods, applying the perm solution, timing the process according to instructions, rinsing, and applying the neutralizer.

How long should I leave the perm solution on when using Ogilvie Home Perm?

The recommended time for leaving the perm solution on varies based on your hair type, but generally, it ranges from 10 to 20 minutes. Always refer to the specific instructions provided in the kit for the best results.

Can I use Ogilvie Home Perm on color-treated hair?

It is not recommended to use Ogilvie Home Perm on color-treated hair, especially if the color was applied recently. It's best to wait at least two weeks after coloring before perming and to conduct a strand test to check for damage.

What should I do if I experience irritation while using Ogilvie Home Perm?

If you experience irritation while using Ogilvie Home Perm, stop the application immediately, rinse your hair thoroughly with water, and consult a healthcare professional if the irritation persists.

How can I maintain my curls after using Ogilvie Home Perm?

To maintain your curls after using Ogilvie Home Perm, avoid washing your hair for at least 48 hours, use gentle, sulfate-free shampoos, apply moisturizing conditioners regularly, and avoid heat styling tools to preserve the curl pattern.

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