

How to Bleach and Dye Your Hair at Home

Whether you're a beginner or a veteran at dying hair, these instructions will teach you everything you need to know to dye your hair or someone else's hair at home.

Supplies

- ★ Aluminum foil
- ★ 1 bottle of 30-volume creme developer
- ★ 4 1 oz packets of L'oreal Quick Blue extra-strength bleach powder
- ★ 2 pairs of Latex gloves
- ★ 1 plastic hair cap
- ★ 2 hair dye brushes
- ★ 2 hair color mixing bowls
- ★ 1 pack of hair bands or hair clips
- ★ 4 bottles of Color Brilliance by ion Absolute Perfection Booster Step 1
- ★ 2 bottles of the hair color of your choice (Manic Panic, Lunar Tides, and Arctic Fox are all good hair dye brands)
- ★ Shampoo and conditioner
- ★ A blow dryer
- ★ A brush or comb
- ★ A towel
- ★ Coconut oil (optional)
- ★ Timer

Preparation

- 1) Refrain from washing your hair for at least 48 hours before the dying process.
- 2) Cut aluminum foil into 20-30 strips (depending on hair length and thickness) that are wide enough to be completely wrapped around a small section of hair. Refer to Figure 1.1
- 3) Detangle all your hair until a brush or comb can be passed through it smoothly.
- 4) Wrap a towel around your shoulders to protect yourself from stains
- 5) Separate your hair into four equal sections by parting it down the center from front to back and again from ear to ear. Secure the sections with a hairband or clips.
- 6) If you're going to be dying your whole head, apply coconut oil around your hairline and around your ears to protect your skin. (optional)

Applying Bleach to Your Hair

CAUTION: If you'll be bleaching your whole head, apply bleach to your roots last because they will lighten faster than the rest of your head.

- 6) In one of the color mixing bowls, combine 1 oz of bleach powder, 1 oz of creme developer, and one whole bottle of the Absolute Perfection Booster and mix until your bleach is the same consistency as frosting. Refer to Figure 1.2.
If you have long or thick hair you may need to double or triple the amount of bleach powder, creme developer, and Perfect Booster that you use.

WARNING: Do not leave the bleach in your hair for longer than 45 minutes. You could risk burning your skin, or burning your hair off.

- 7) Put on your gloves and pull out some hair from one of the bottom sections of your hair.
- 8) Using a hair dye brush, start from the ends of your hair and work your way up, apply the bleach until it completely saturates the piece of hair. **DO NOT APPLY BLEACH TO YOUR ROOTS YET.**
- 9) Take a strand of foil and wrap it completely around the piece of hair you applied bleach to, then enclose the foil around the hair strand.
- 10) Set a timer for 30 minutes to start timing the hair you bleached first to make sure all your hair is bleached evenly.
- 11) Continue to take out small pieces of your hair from the sectioned-off areas of your hair apply bleach and wrap with foil until the desired amount of hair you wish to bleach has been saturated.
Once you finish saturating all the ends of your hair, then you can apply the bleach to the roots of your hair.
- 12) Wait 30 minutes for your hair to lighten. Check on your hair at 5-minute intervals to monitor how much it has lightened.
After 30 minutes if your hair is still not lightened enough leave the bleach for another 15 minutes. **DO NOT LEAVE THE BLEACH IN YOUR HAIR FOR LONGER THAN 45 MINUTES.** Ideally, you want your hair to be somewhere between a level 8 or level 9 blonde color. Refer to figure 1.3
- 13) Thoroughly rinse and shampoo the bleach out of your hair. **DO NOT USE CONDITIONER**
- 14) Use a blow dryer to completely dry your hair.
Be sure that your hair has no products in it and that it is completely dry so that your hair can absorb the color properly.

Applying Color to Your Hair

- 15) Detangle your hair using a brush or comb.
- 16) Pour your color into your second color mixing bowl and mix it with your other hair dye brush to make sure the color is evenly pigmented throughout.
- 17) Apply your second set of gloves and using your hair dye brush start applying the color section by section. You can use your hands to make sure the color saturates every strand of hair. Have fun with it!
- 18) Wait 30-45 minutes for the color to be absorbed into the hair.
- 19) Rinse and shampoo the color out of your hair until the water runs almost clear. Use conditioner to seal in the color
- 20) Your hair is now dyed.
Wait 72 hours before washing your hair to make sure the color has time to fully set into your hair follicles.

Evaluation

Your hair should be evenly dyed with your desired color. If there are places where the color is uneven, you can go back in and touch up these areas with any leftover color you have. If during the bleaching process after 45 minutes your hair is still not light enough. Wait 24 hours and bleach your hair again following the same process.

Reference Images

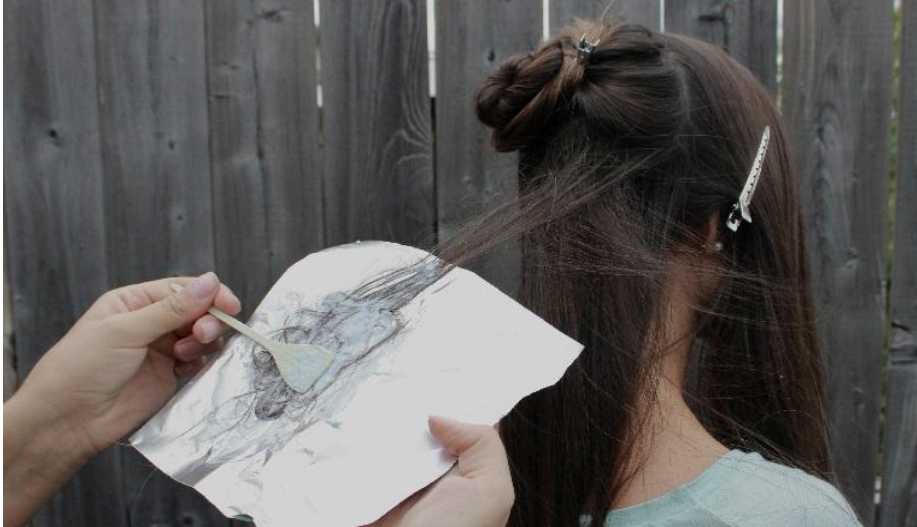


Figure 1.1



Figure 1.2



Figure 1.3