



Cat Lady's Dreads

AFTER-CARE GUIDE

INSTALLING DOUBLE ENDED DREADS

Working on one square inch section at a time:

- 🐾 Divide section into 2 parts.
- 🐾 Place middle of dread against scalp between the two parts.
- 🐾 Cross the two parts of hair over and under the dreadlock, then plait using the dreadlock as the third part.
- 🐾 Secure in place with a rubber band - I recommend equine plaiting bands, as they are small, and very strong.

WASHING


- 🐾 Thoroughly soak hair and scalp.
- 🐾 Apply diluted shampoo (50% shampoo to 50% water) to scalp and roots.
- 🐾 Using fingertips, massage between each dread until a lather forms.
- 🐾 Rinse and repeat.
- 🐾 **DO NOT USE CONDITIONER.** This will clog up the wool fibres and make the dreads feel gunky.

STYLING

- 🐾 Youtube is a wonderful place to find tutorials to style your dreads.

REMOVING

- 🐾 The easiest way to remove dreads, is to snip the rubber band with a pair of scissors.
- 🐾 Carefully unwind the hair from the dread, taking extra care at the roots, where knots may have formed.

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- 🐾 Gently, tease hair with fingers; it's best not to brush the hair at this point, it will frizz and look like an Afro.
 - 🐾 Wash hair normally and condition well.

GENERAL TIPS

- 🐾 It is possible to wear these dreads for up to 3 months at a time, however, bear in mind that your hair will grow a lot in this time, and the dreads will become loose at the roots. Generally, 6 - 8 weeks of wear is best, I refit my own at this interval too.
- 🐾 Hair elastics are not strong enough to fit dreads. In my experience, horse plaiting bands (for manes and tails) are best. Tack shops, ebay and other online retailers sell these quite cheaply.
- 🐾 Installation can take longer than you think, so set yourself a whole morning, or afternoon to fit them.
- 🐾 When washing your dreads, it's wise to do it in the morning, as they will take all day to dry. It is safe to use a hair dryer to speed up the process, but it is almost guaranteed they will still be damp at bedtime!
- 🐾 Be aware that once the dreads are wet, they are very heavy. It's wise to squeeze as much water out of them as possible after washing, to avoid a sore scalp.
- 🐾 I tend to wash my hair/dreads once a fortnight. It won't hurt the dreads to wash them more often, it's just a personal preference.
- 🐾 When you remove the dreads, be careful of knots at the roots. These are caused by your own naturally shed hairs not being able to escape as normal. Don't panic when you see a lot of hair coming away, as it's perfectly natural to lose between 100 and 200 hairs EVERY day! If you multiply this by the number of days your dreads have been in place, that's a lot of hair! Trust me, this is a fact - I'm a hairdresser.
- 🐾 Having removed the dreads, it is a good idea to place the dreads into some boiling water for 5 minutes. This thoroughly cleanses them, and also tightens up the fibres. Hang them to dry, and they will be ready to wear again and again.

Check out my website: www.catladysdreads.co.uk
Please like and share my Facebook page - @CatladysDreads
(I'm also on Twitter, Instagram and Pinterest)

Do post your pics of you wearing your new dreads on my pages, and spread the word!

THANK YOU AGAIN FOR YOUR ORDER!