

Your First 14 Days

A night by night guide to keeping your silk press smooth, picking up right where the appointment leaves off.

Keep this where you will actually see it, a photo on your phone works fine. This is general guidance on caring for a silk press in the days after your appointment, organized around the two weeks that matter most for how long a press holds.

Tonight

Once a section is pressed, let it hang and cool completely before running fingers or a brush through it. Hair is more vulnerable to reshaping, and to accidental frizz, while it is still warm from the iron. Give the whole head a few minutes after the last section is finished before styling further. This brief pause is what allows the straightened pattern to actually set rather than partially reverting under handling. Patience here pays off more than any additional product applied afterward.

Watch for: Immediately brushing through warm hair, which can reintroduce texture in the very sections just pressed.

If your scalp feels tender: A cool rinse and a break from any tight styles for a few days usually resolves the tenderness on its own.

Days 1-2: The First 48 Hours

The style is most vulnerable in the first day or two, so plan around it rather than testing it. Avoid water, heavy sweat, and high humidity where possible during this window, since moisture is what a silk press is most sensitive to. Sleep with a silk or satin covering every night to reduce friction and moisture from a pillow. If you exercise, consider a low-sweat activity or timing your workout right before the wash you already had planned. Small precautions during this early window are what separate a press that lasts from one that reverts within a day.

Watch for: Jumping straight into a humid environment, a workout, or a pool the same day, undoing hours of careful work.

Before you even leave the chair: Ask for a full cool-down period before leaving the salon, and carry a small silk scarf for humid or active days ahead.

If static or flyaways show up: A small amount of a lightweight oil smoothed over the palms and pressed onto the surface can calm static quickly without weighing the style down.

To keep it from starting: Use a silk or satin lining under hats and scarves, and keep a humidifier running indoors during dry months if flyaways are a recurring issue.

Days 3-7: Settling In

Protect the crown specifically: Request extra drying time and a slower, more deliberate pass specifically at the crown next time, and use a bonnet or scarf that covers the hairline fully at night.

If it poofs anyway: Ask for a light touch-up pass with a flat iron on that section alone rather than repressing the whole head, and keep the area dry until then.

Days 7-14: Wash Day and Beyond

Space washes to roughly every 5-7 days depending on scalp type, and keep any oils or creams applied mid-shaft and below rather than at the root.

Between washes: A light dry shampoo application at the root can absorb excess oil between washes without disturbing the style.

What to expect the first time you wash it out: This is expected behavior for a silk press rather than a problem to fix, though a longer-lasting result may call for a different heat service altogether.