

Pre-Appointment Prep Checklist

A few honest checks before you sit down in the chair, so your appointment time goes toward the press itself, not avoidable prep.

Take Stock

- ☐ Take an honest look at your hair's current condition: dry, over-moisturized, recently colored, or fatigued from other heat styling in the past few weeks.

Cleanse and Detangle

- ☐ If it has been several weeks since your last deep cleanse, wash with a clarifying shampoo first. Buildup left behind will interfere with how evenly heat and product take later.
- ☐ Rinse until the water runs clear and your hair feels squeaky rather than slick.
- ☐ Detangle gently while your hair is still wet and conditioned, working from the ends up toward the roots rather than fighting knots once it is dry.

Skip the Extras

- ☐ Go light on heavy oils, creams, or styling products in the day or two beforehand. Leftover residue can dull the shine and, under enough heat, even burn instead of aiding the press.

Tell Your Stylist

- ☐ Mention any recent chemical services, color, lightening, or a relaxer touch-up, even if it was months ago.
- ☐ Say something if your scalp has been sensitive lately: a recent tight style, a sunburn, or a product reaction.
- ☐ If your scalp tends to get oily and your hair looks limp again by the second day, mention that too. It changes where product gets applied near the root.

Plan Ahead

- ☐ Remember that a silk press is meant to be temporary. Even a technically correct press is expected to revert with water exposure at your first wash, that is normal, not a failed service.
- ☐ Plan your first 48 hours before you go: skip the pool, heavy sweat, and humid plans right after your appointment if you can.
- ☐ Carry a small silk scarf for humid or active days ahead so you can protect the style instead of fixing it later.