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Hair Steamer the ultimate Hair Treatment

Benefits

- Better Circulation in Scalp leading to better hair growth
- Cleanses Scalp, removing dirt and dead skin
- Brings moisture to your Roots and hair shaft
- Leaves your hair soft and smooth
- Great for Dandruff Sufferer's
- Stops Dryness and hair Breakage
- Makes hair stronger and healthier
- Improves Hair Colour Treatments
- Can also act as a Facial Steamer



Hair Steamer - Hair Treatment and How it works

Hair steamer's are becoming more and more popular and they definitely get people talking with the nice cloud of steam hovering above the steamer.

They are more widely used for deep hair treatments such as scalp cleansing, protein moisturizing, color treatments and many other treatments to give us healthier and happy hair and scalp.

The reason why hair steamers are so great for hair treatment is that it will improve circulation with the steam and the heat will then open up your follicles and hair shaft cuticles and this allows moisture as well as your hair treatment product to enter the hair shaft.

The steamer is then set on a cooler setting towards the end of the hair treatment and this then closes the cuticles and hair shaft and locks in all that deep hair treatment product. Giving you great long lasting benefit as well as using natural h2o to bring moisture to your hair and scalp



How long and often should it be used?

This is a very common question and is very specific to the type of hair treatment you are doing and the level of damage your hair has.

Generally people steam their hair no more than 2 times in a week for about 20 to 30 minutes to get the full benefit from it. Some sessions can go over an hour for more damaged hair.

After your hair steamer treatment your hair will feel a little heavier and full of moisture, during this time handle your hair with care, wait till your hair and scalp have cooled down until styling.

Damaged Hair - Increase Temperature Decrease Steam if possible

Chemicals or Color Treatment - Skip cooling step

Conditioning Thick Hair - Extend Steam Time

Hair Steamer USE Guide

Some examples of times for different hair types, these times are very short they can just be extended, just times it by 3 or 4:

For all Hair Types - Moderate Mist and Temperature, 8 minutes warm and 2 minutes cool down

Hair Products that Absorb Slowly - Low Mist and Moderate Temperature, 10 minutes warm and 2 minutes cool down



L'Oreal Professional Series Expert Absolut Repair Masque,



Fekkai Technician Color Care Conditioner,

Hair Steamer USER Guide

Hair Steamer USE Guide

It is recommended that you use distilled water, as it contains less particles, chlorine and all that and will give your hair steamer longer operation and life. Water that has been run through a purifier can be used.

Depending on type of steamer it may be necessary to empty water collection every 20 - 30 minutes or less.

Never turn the steamer on without water in the water compartment.

Components of Steamer

- Height Adjustment
- Drain Tank & Water Tank
- Keypad for time selection or ON/OFF button
- Top Hood and Hood Cover
- Neck Rest



No don't be silly that's not a diaper on her head

Steam with a Steam Cap or Without

There is quite a big discussion going on about this topic and its basically the debate about whether or not you should wear and steam cap when sitting under the hair steamer.

I have talked to many hairdressers and the general consensus is that when you sit under a hair steamer with a cap on it makes it almost impossible for the steam to penetrate your scalp and bring any benefits.

Heating the outside of the cap up will do nothing it may heat up but will take much longer, Some people may use steam caps when using a cheap hair steamer if there steamer is unable to provide a temperature controlled release of steam.

The best option is definitely using the hair steamer without the steam cap so the steam can penetrate your scalp and bring moisture straight to the roots and hair shaft.

Hair Steamer - Hair Treatment

Oils

A popular and affordable hair treatment is to use a natural oil such as coconut or soybean oil to bring moisture to your scalp. The oil is a very good way to lift up dead skin and leave your scalp and hair cleansed.

Protein Conditioner

You make use of your protein conditioner by wetting your hair using your conditioner then sitting under the steamer for 10 - 15 minutes to really give your scalp and hair all the nutrients it needs.



A cheap home style version one that works quite well

Hair Steamer for Dandruff Sufferer's

A Hair steamer can be a great weapon against dandruff and apart from general health benefits it brings to your hair and scalp. It will help to remove dead skin and fungus build up which will lead to a cleaner and itch free scalp.

Many people have cured their dandruff with weekly hair treatments with their steamer and it's probably the most natural thing you can do for your scalp. Using natural h2o water:)

Benefits of Facial Steaming



Facial steaming is still used as one of the basic methods to detox our pores. It is one of the most efficient means to offer a deep cleansing for your skin. Whether you opt for a cosmetic or only a simple homemade treatment the best way is to make it properly in order to eliminate all the toxins from our complexion. The skin care industry offers several techniques that apply this method to prevent the formation of blackheads and pimples.

The benefits of this skin care treatment are unlimited, the condition to use it with skill is to learn all the advantages of it and apply the steaming for the right skin disorder. Moreover there's no need to mix any chemicals into the pure water. The effect of the steam will be strong enough to do miracles with clogged and stubborn pores.

These are several harmful agents that have the ability to penetrate the skin so deep that there's need for radical treatment to be eliminated. Steaming can be a solution for this problem. It will efficiently soften the skin and even the residue in order to wash it off with the steam. There are hardly any debris that facial steaming can't fight. Be it blackheads, dead skin cells, pollution and even makeup.

Ideally a proper skin care routine should include the steaming of the face. It is highly recommended to embed it into the weekly beauty care so that the skin might get rid of the harmful effects.

Another great advantage of steaming is that it can boost the blood circulation which is essential for the reproduction of new and healthy cells. The external layer of the skin is softened to unclog the pores this way contributing to the easy elimination of blackheads. However be careful don't go too close to the steam to prevent causing any damage to your complexion. Keep the decent distance and stay as close as it's really comfortable. It shouldn't be a torture rather a refreshing spa treatment.

Don't panic if after the first sessions you'll notice the formation of blemishes. It is normal that's the first sign that your skin manages to strip off the dirt and other toxins. This will be the first step towards the deep cleansing process.

It can work for all skin types, even though it is recommended to reduce the frequency of steaming if you have an ultra-sensitive or extremely dry skin. In this case repeat it once in 2 weeks, still won't neglect its benefits on your critical complexion.

If you would like to increase the beneficial effect of the steaming you can add essential oils or herb oils to the pure water. Some lavender and chamomile will further maximize the nourishing effect of the treatment. Make sure that you choose the perfect herbs for your skin type. Green tea is a universal ingredient used for all skin types, due to its antioxidant effect. It will have the best results when you'll in need of a soothing and refreshing treatment.