

**fine
hair
care**

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Christmas is close and everyone is so busy with shopping and meal planning! Beauty queens have all their appointments done, hair dresser, manicure, everything is planned. Try to get a spontaneous treatment at the local hair salon? No way, they are booked 'till January.

So what can we do now to have beautiful, styled hair at Christmas?

Fine hair has its challenges and also some advantages, one being that it is easy to style: wavy hair, curls or strait hair? no problem at all. The most common challenge is how to add volume to fine hair. The second one is how to avoid split hair.

With that in mind, let us make a hair care plan that is fun!



- **get rid of split**
- **add volume naturally**
- **DIY hair style**
- **your Christmas wish list**

fine hair care

the split

It is best for most hair types to dry it slowly and without the use of a hair dryer. I can only say that after years of doing this, the slow method results in little to almost no split ends. Split is in my opinion the number one reason for fine hair to remain rather short. This was the most important reason for me to hit the hair salon and let my hair be cut into shape.

If you are in a hurry in the morning and have no time to let the hair dry naturally, arrange to have your hair washed in the evening and after it is quite dry, to fetch it in your favorite sleep knot.



I used to have half a dozen silk scrunchies and carrying one with me for a spontaneous ponytail or hair knot.

One thing that you don't need as a Christmas gift is: a hair dryer.



Anyway, see how you can reduce the use of the hair dryer and any other care products like “heat protection”, “forming foam” etc. It would be great if you only use shampoo and a good quality hair oil or spray, with an odor that you love!

Shopping List

- **hair oil**
- **silk scrunchies**
- **hair clips**
- **hair scissors**

The hair oil has a nice scent, it styles your hair tips and is useful against those nasty split ends. Many brands have hair oil in their offering and it is worth looking one up.



Adding more volume to your hair style is a little bit like avoiding split hair tips: you are going to leave something out. And this is ... the conditioner! Notice how I didn't put it on the shopping list? It's because the conditioner usually just adds weight to your hair and it might make your hair easier to comb, but that is just about it.

Without hair balm you finish washing your hair a lot sooner and can concentrate on other parts of your beauty routine!

Which shampoo you use is up to you: only the result counts! So if your hair feels clean, voluminous and smells good, everything is fine. Sometimes it is a good idea to search for another shampoo that could aid you with more volume.

Usually it is enough to use the shampoo that you already have and to pay a little more attention at the way you are handling your hair.

Next time when you wash your hair, notice how you're using the shampoo: how much of it do you use, how do you spread it on the scalp and the areas of your head. How does your scalp and hair feel afterwards?

We all love lots of bubbles and foam - but our hair does not really need that. I've noticed a couple of times, having my hair washed at the hair salon, that the hairdresser used very little shampoo and she massaged more shampoo at the back of my head - instead of at the top, as I did at home.

Find the way that is best for you.

I found that there are four scalp areas that should get a little bit of shampoo - top, back of my head and just next to my ears. From there I can spread it and massage it evenly on my scalp. Also I let the shampoo in for a few minutes before washing it out.



I wished that I knew all of this earlier and I am sure that I would've been a lot more relaxed and have enjoyed my hair more! What about you, do you like your hair right now?