Summer time for most of us in the UK means heading off on holiday and, whether it be an island getaway or a trip across the pond to the United States, it pays off to consider the effects of the hotter weather on your hair system.

Many clients will go on holiday and have absolutely no problems with the bonding of their system, but it’s also very important to care for the condition of your hair when exposing it to different environmental factors. Sun, salt water and chlorine all have drying, damaging effects on the hair, so certain precautions need to be taken.

Here we will look at different aspects of the typical holiday and what you can do to get the best out of your system.

### WHAT TO PACK

When packing for your holiday don’t forget the essentials for your system. You will need to take with you:

- bond
- sponges
- cleaning spray
- shampoo
- conditioner
- styling products

Make sure you are stocked up! It’s always best to go fully prepared for any eventuality.

### Carry on only?

If you are travelling with carry-on baggage only, mini bottles are available from any bargain shop that you can decant some of your shampoo, conditioner and cleaning spray into. The small bottle of bond is fine to carry on, but remember that the maximum size for carry-on liquids size is only 100ml so the large bond or tubs of styling products are too big. You can also talk to your stylist about the bond pen! It’s great for travelling and perfect for quick and easy touch ups.
Before you go

It’s not a bad idea to have a re-fit done a few days before you go, or re-bond the hair system yourself. Remember the 24 hour rule: you cannot get your system wet or get too hot for the first couple of days after a new application or a re-fit. So best re-fit/re-bond your system a couple of days before you go to make sure the bond is at its strongest. If you don’t need to re-fit your system between new systems we still recommend you do a re-fit before you go on holiday as the hot weather and water activities can weaken the bond.

We wouldn’t recommend getting a brand-new system before you go on holiday as the weather will dry out the hair and speed up its deterioration. So why not save that new system for when you get back?

When you return from your holiday you will be rocking a new tan, best to have your hair looking fresh and your cut tidy for when you head back to work.

Tanning

Now that you are on holiday the race for the best sun beds is on and if you are lucky enough to beat the Germans and get a good spot in the sun you can start working on that tan. As with any other part of your body, sun protection is very important.

At this point one thing to keep in mind is that you can’t tan very well through the membrane of the system. This means that if your face was to get heavily tanned or sunburnt, the hairline under the system would stay your original skin colour. So for those with a very fair complexion this can mean that the front hairline will remain white.

The best way to avoid this is by making sure that you are using a water-based sun screen on your face to avoid over-tanning or burning the face. Wearing a hat in the sun is also recommended as excessive exposure stresses your hair and will cause it to become dry and damaged.

Finally, be aware that lying in the sun for hours on end increases your internal body temperature, which can cause the bond to soften. So it’s important to allow your body to cool down regularly, giving your system a chance to fully re-bond. For example, drinking warm tea rather than cold water can help as it lowers your body temperate.
Swimming
When the pool or ocean beckons, feel free to go swimming! Just like when you shower, the bond will happily withstand getting wet in the pool or sea. But also, just like when you are washing your hair, it's important to be gentle with the hair while it is wet. Excessive flicking or pulling of the hair while it's in this stage can cause lifts, especially in conjunction with a raised body temperature and sweating.

Drinking
Having a few drinks is part and parcel of a good holiday, and wearing a hair system certainly won't stop you enjoying a drink or 5. What you should keep in mind is that drinking can make your sweat very acidic, and combined with high body temperature this can contribute to lifts on your system.

Having said all that, these tips are for guidance more than anything. Your system will be fine. So enjoy your holiday.

When you get back
Once you return from holiday your system might be a little worse for wear, despite your best efforts. At this point you have two options: have your current system cleaned, deep-conditioned and re-fit, or have a brand-new system fitted to complement your new tan. Either way, even if it only has been a week or two, the bond will not be as strong as it was when you left, so a full refit would be a good idea.

Contact Us:
Contact your salon to book an appointment or to ask any other questions you might have about taking your system on holiday.