

# Perming and hair straightening

A hair perm is a chemical process that changes the hair shape to create a new look. Those with naturally straight hair can transform their hair into waves or curls and those with curly hair can tame their curls by adding body. Some of the different types of hair perms include spiral, stack, spot and volumizing.

The volumizing hair perm adds volume to the hair for a thicker look. This type of perm doesn't add waves or curls and doesn't cost as much as an all-over hair perm. The volumizing perm can work for heavy or long hair to add body to flat hair. The spot hair perm is done only on one section of the hair. Spot perms can be used on curly hair to tone down frizzy curls on the top of the head, but they may also be used to add curl or body to any hair type.

The stack perm gets its name from the way different sized perm rods are stacked from the top of the head to the neck or shoulders. This type of perm gives a different shape to the ends of the hair and creates a wedge sort of look. The stack hair perm can add body, wave or curl to hair. The spiral perm gives a twisted look to hair strands and is usually done on longer hair.

*Perm* is short for *permanent wave*. When the process was first done in Germany in the early 1900s, the average hair perm took about twelve hours. Today, most perms are done in about two hours. Since the perm adds chemicals to the hair, care must be taken to keep damage from occurring to hair strands such as by not blow drying the hair too much. Color-treated hair can't be permed since chemicals are also used for the coloring process and too many chemicals can easily damage hair.

The process of doing a hair perm begins with wrapping freshly-washed hair around perm rods. The smaller the rods, the smaller the curls will be and larger perm rods create waves rather than curls. Once the hair is secured on the rods, the perm chemical is applied to the set hair. The hair perm chemical creates flexibility in the hair's structure that allows the hair to form in the shape and size of the perm rods. After the hair is removed from the rods, a neutralizer is added to the hair that sets the hair in its new permed shape.

## Hair straightening

For many people, the term "perm" implies curls, waves, large hairstyles, and the aesthetic trends of the 1980s. While perms can be used to add curls and texture to the hair, there are also perms that can be used to straighten the hair. A straight perm makes the treated hair fall straight, despite its natural texture. With a straight perm, even someone with very curly or coarse hair can have hair that is straight and smooth.

The straight perm started to become popular towards the end of the 1990s when straight hairstyles started to become very popular. A straight perm is basically a chemical treatment that, when applied to the hair makes the follicles lie flat. While even curly hair can be styled the lie flat, a straight perm makes the hair permanently straight. In fact, the term "perm" is an abbreviation of the word "permanent". This means that the hair, with no styling at all, will fall flat.

The only drawback to this kind of treatment is that it can be quite harsh on the hair. It is not recommended for people with thin, brittle, or damaged hair. It is best for this kind of perm to be applied to hair that has not been colored. Depending on the type of hair color that has been applied and whether it stripped color from the hair, some kinds of colored hair can be permed. Consulting a stylist first is a good way to determine whether one's hair can withstand this kind of perm.

For example, if a brunette who colors her hair just to cover some gray strands wanted to get a straight perm, that would probably be possible and it is likely that there would be no serious adverse effects to the hair. A natural brunette who has her hair colored light blond, however, is not a good candidate for this type of perm because lightening the hair strips it of color and can cause it to become brittle. Following this kind of coloring procedure with a perm to straighten the hair could cause the hair to break and even fall out.

The straight perm is sometimes referred to as the "Japanese perm". This is because the process of permanently straightening the hair was first developed in Japan. Some salons that offer this kind of hair service hire staff that has been trained in Japan in the techniques and methods required to make hair permanently straight

<http://www.wisegeek.com/what-is-a-straight-perm.htm>

**Straightening irons, straighteners, or flat irons**, not to be confused with clothing irons, work by breaking down the hair's hydrogen bonds found in the hair's cortex, which cause hair to bend and become curly. Once the bonds are broken, hair is prevented from holding its original, natural form, though the hydrogen bonds can reform if exposed to moisture.<sup>1</sup>



Modern flat iron sometimes use ceramic plates.

There are two types of damage all flat irons create: heat damage and mechanical damage. Heat damage is unavoidable, since the hotter a flat iron, the better it works (up to 450 °F (232 °C)). Less mechanical damage is achieved through smoother plates. Most plates are aluminum and coated with something, such as a hard ceramic coating. As cheaper coatings wear off, the level of mechanical damage increases.



A woman's hair before and after using a flat iron

**Crimping irons** or **crimpers** work by crimping hair in sawtooth style. The look is similar to the crimps left after taking out small braids. In 1972, the modern crimping iron was invented by Geri Cusenza, one of the co-founders of Sebastian Professional.<sup>[6]</sup> Crimping first became very popular in the United States during the mid-1980s

### **Hot Tools Hair Straighteners**

#### **Hot Tools 1" Professional Hair Straightener**

This one inch professional Hot Tools hair straightener features a new super slim design.



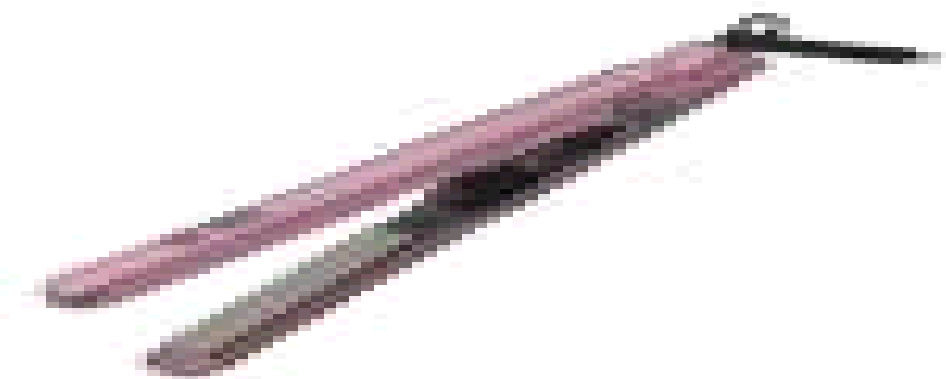
#### **Hot Tools Ceramic 2" Hair Straightener**

Hot Tools Ceramic 2" Hair Straightener is great for all hair types, preserve moisture, eliminate frizz and damaging hot spots.



**Hot Tools Pink Titanium 1/2" Mini Hair Straightener**

Hot Tools Pink Titanium 1/2" Mini Hair Straightener is perfect for your purse, free travel pouch included.



**Hot Tools Nano Ceramic 1" Digital Hair Straightener**

Hot Tools Nano Ceramic 1" Digital Hair Straightener increases ceramic effectiveness, greater benefit effect and ultra smoother for shiny beautiful hair.



**Hot Tools Rainbow Zebra 1" Hair Straightener**

This nano ceramic Hot Tools hair straightener provides far-infrared heat, leaving your style soft and shiny.



Hot Tools Glitz Crystal Design Gift Set includes a 1 inch Glitz hair straightener, and a 1 inch Glitz curling iron, use the Pro Moisture System with Tourmaline and Ceramic Nano Technology to enhance hydration for soft, healthy, glamorous hair.



## Hair Straightening Cream

**Straightening cream** helps straighten out hair and tame frizz without weighing hair down

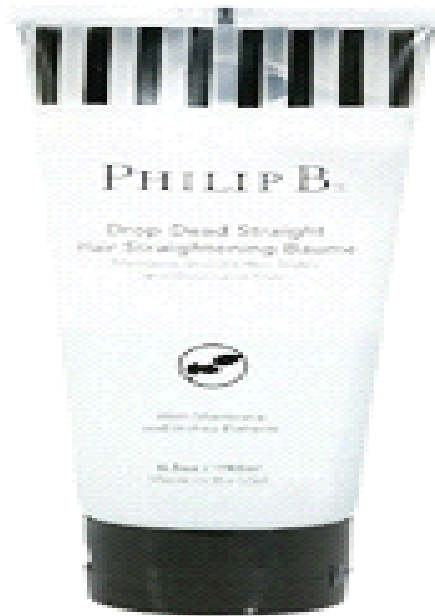
Sebastian Laminates Straightening Liquigel

This gloriously rich liquefied gel temporarily removes curls and waves, leaving hair straightened from roots to ends. Make your hair shine with the signature of luxury.



Philip B. Drop Dead Straight Hair Straightening Baume

Create straight, brilliant, bouncy hair with pure extracts of matricaria, althea and horseradish, plus a water-soluble acrylic polymer. Great for all hair types, especially curly or wavy hair. Resists humidity and shortens drying time, too. Leaves hair full, soft, silky and shiny without weight or buildup



## Hair Straightening Techniques

Hair straightening techniques help you to make wavy, frizzy and curly hair straight easily. They are also available in different price ranges that vary with the technology used in the product to meet the customer's need.

- Conventional Hair Straightening Method
- Thermal Reconditioning
- Ionic Hair Retexturing



### Conventional Hair Straightening Method

It is applied when hair is pulled over a brush (round for more volume, flat for a straighter look) and dried with hot air. The good thing about blow-drying is that you can control the volume of hair, and smooth it without making it hang stick-straight (as is the result of other straightening methods). The bad thing is that you can never get it as straight as with other methods, like an iron. When getting a blowout, do not let the hair dryer touch the hair, and prep with products designed to protect during styling. New dryers, like ionic dryers, allow drying time to be cut dramatically, thus lessening the damage to your hair.

[^back to top](#)

### Thermal Reconditioning

(a new permanent hair straightening technique)

Thermal reconditioning (*also known as TR, Magic Straight, Ionic Perm, Bioionic Straightening, Yuko System, Liscio, and Rebonding*), a new Hair Straightening procedure uses heat to change the shape of the hair. After the cuticle is broken down with chemicals, locks are ironed straight with a hot iron. A neutralization process then closes the cuticle, causing hair to stay straight. For women who spend hours each week blow-drying their hair into submission and dodging raindrops like bullets, thermal reconditioning is worth the time and money.

### **Ionic Hair Retexturising (IHR)**

Ionic Hair Retexturising is the latest Japanese hair straightening technique, which locks in moisture and nutrients during the ironing process, to improve the condition as well as straighten the hair. It works best on non-chemically treated hair. Treatment lasts up to 6 months depending on the growth rate of your hair. Retouch available for new growth and refreshing the original treatment.

## **Different Types of Perms**

Perms are cool and totally haute but these are not the latest idea in hair fashion! Soft bouncy perms or tight perms - different types of perms help to add different shades to one's personality. When straight hair seem boring to you, perms are a great way to change your looks!

Permanent waves, also known as perms, involve the use of a process where hair is treated with chemicals to alter the structure of the hair. This process allows a person with poker straight hair to have luscious, bouncy curls! Technically, this process can also be called as curl reformation.

The desire to curl the tresses was noticed even in the ancient days. Women tied their wet hair with paper in an attempt to curl the same. The ancient Egyptians had another method to perm their hair. They wrapped their hair around wooden sticks. They then added a layer of mud over this so that it gets baked in the sun, which eventually results in curly locks.

The process used today involves the use of two main components. The first part is where hair is wrapped around rods. The second part involves the use of the chemical treatments. Well, if you think this was the only thing about perming, then you must be aware there is loads to curls then you can ever think about! There are different types of perms you can choose from to suit your personality and hair texture. Therefore, before you opt for the perming process, you would need to be aware of these various types to select one you truly desire.

The perming styles differ in terms of the rods used, the section of hair that is wrapped around the rod as well as the kind of solution that is applied. This gives us different types of perms. There are some perms that are possible without the use of chemicals as well! Definitely there's more to flirty curls than you can ever imagine! Take a look at some of the different types of perms that are creating waves everywhere!

### **Different types of Perms:**

#### **Body Wave Perms:**

These are loose perms that are stylized with a slight wave. These are ideal for women who want to opt for the curly haired look with more volume. This style of a loose perm will also add more movement to your hair. Straight hair when treated with the perming process for the body wave perm would result in large curls. Naturally wavy hair would look even curlier. This process is generally done with the help of large rods.



**Multi-textured Perms:**

The multi-textured perm is used when a person wants a natural effect for the hair. For this process, small and large rods are used to create natural looking curls.

**Pin Curl Perms:**

Pin curl perms are obtained by curling sections of the hair with the help of pins. This can be achieved without the use of chemical treatment with the help of some gel and curling pins! It would give a natural look. Besides, you don't really have to worry about any chemical reaction.

**Root Perms:**

This type adds the lift to the roots of the hair. Therefore, root perms are ideal for flat and short hair.

**Stack Perms:**

Stack perms are more suitable for women who have single hair length. These can be obtained even with the help of rollers or perm rods of different sizes. Here, the illusion of layers can be created with this process. It thus adds more volume to the hair.

**Spiral Perms:**

The look of the spiral perm would depend upon the width of the perming rod, chemicals used as well as the expertise of the hairstylist! This technique is achieved with the help of long perm rods. The end result is a bunch of cascading curls that have spring and bounce. Spiral perms are tight and can spring out in various directions.

**Spot Perms:**

A spot perm also uses the permanent technique to curl only one section of the hair. Here, one can have tight or loose curls, which would depend upon the width of the rod. Spot perms are used by women who want to add style to a particular section of the hair. This perm can also be used to add a curl to the ends for example, for stylish updos.

**Weave Perms:**

A weave perm is useful when one wishes to add perms to few sections of the hair but keeping some of the strands straight in texture. This creates a different texture to certain areas of the straight hair.

**Gentle Wavy Perms:**

These types of perms are used to create a wavy look adding more form and structure to the hair. These perms are also useful to add more body to the hair and comprise of large and loose perms.

**Partial Spiral Perms:**

This technique involves the use of adding curls to the lower strands of the hair. This would leave the upper portion of the hair straight in texture. This technique is particularly suitable for medium length to long hair. Partial spiral perms are great for those who only wish to curl the edges.

**Volumizing Perms:**

This technique of permanent waves is suitable for different types of hair lengths. Volumizing perms add more volume and texture to dull and lifeless hair. Hair in turns looks more bouncy and glamorous. During the process, the curls are allowed to relax to avoid the tight curl look. The perm in this case is only used to add more volume but avoiding the springy, tight curly look. It thus lays less emphasis on the curl.

There are different methods used to create various types of perms. The acid perm is used for hair that is sensitive and this process minimizes the risk for hair damage. Firm looking curls are possible with the process of alkaline perms. This is advisable for people with normal hair who are looking out for firm curls. Where as,

the exothermic perm process is used to create bouncy curls with the application of gentle heat.

You must always choose the best hair salon to perm your hair. Discuss with your hairstylist about the possibilities with reference to your hair texture and the kind of look that is desired. So are you ready to make waves amongst your friends? Girls, go all out and have fun with some cascading curls for this season!

## **Methods of curling**

### **• Introduction**

- Do you want a head full of beautiful curls even though you were born with straight or wavy hair? It's a dilemma that people have been facing for centuries. Luckily, various methods of curling hair have been perfected over the years.
- The information in this page can help you learn the best method for getting those curls. Keep in mind that the more layers your hair has, the more shape curls will be able to give your hairstyle. Also, be prepared to experiment with a few different combinations of methods and hair products before you find the one that works best for you. [Free Beauty Tips: The Best Way to Curl Your Hair](#)

### **• Step 1: Choose a Curling Method**

- Choose a curling method according to the type of curls you want and how quickly you need to get them.

### **• Curling Iron**

- A curling iron is an electrical appliance designed to curl your hair. Curling irons are a popular way of getting curls fast, while also giving you plenty of control over where each curl falls. Curling irons are available in a variety of barrel sizes for different sizes of curls.

### **• Hot Rollers**

- Hot rollers are a set of curlers that are heated by electricity before you put them in your hair. They combine the fast results of heat with the benefit of not having to hold each curl individually like you do with a curling iron. [eHow.com: How to Curl Your Hair with Hot Rollers](#) Because of this, many people say hot rollers are the fastest way to get a head full of curls.

### **• Traditional Curlers**

- There are many varieties of curlers, from Velcro to foam to plastic and metal. [Wikipedia.com: Velcro](#) They are also sold in varying sizes. Smaller curlers yield tighter curls, while larger curlers create more of a soft, wavy
- Traditional curlers are generally a more time-consuming way to curl your hair, but don't require an electrical outlet and are also less damaging to your hair. [Wikipedia: Hair Iron](#) Many people put in their curlers before going to bed at

## • **Rag Rollers**

- Rag rollers are similar to traditional curlers, but are an even more "homemade" way to get curls. Rag rollers are simply strips of cloth used to twist and tie your hair into a curl shape. [HairBoutique.com](http://HairBoutique.com): Curling Your Hair:
- Many people who sleep on their curlers prefer rag rollers because their lack of bulkiness makes them more comfortable to sleep on than traditional rollers. Rag rollers also can create a more natural, tousled looking curl than other curling options because
- You can easily make your own rag rollers by creating of any kind of absorbent material that are eight to ten inches long and one inch wide. Many people tear up old sheets to make rag rollers. [HairBoutique.com](http://HairBoutique.com): Curling Your Hair

## • **the Curling Iron Method Or Hot Rollers**

1. Make sure your hair is completely dry before using a curling iron to minimize damage to your hair.
2. Thoroughly brush your hair before beginning to avoid as much brushing as possible after the curls are finished. (Brushing your curls could turn them frizzy and undefined. [wikiHow.com](http://wikiHow.com): How to Curl Hair )
3. Apply a styling product especially made for pre-heat treatment styling. Avoid applying the product to the roots of your hair to avoid a flat, weighed-down look on the top of your head. [wikiHow.com](http://wikiHow.com): How to Curl Hair
4. **Optional:** For especially smooth and shiny curls, try straightening your hair before you begin curling it.
5. Choose the size of your hot rollers or curling iron barrel wisely.
  - Shorter hair works best with a smaller barrel of curling iron or smaller hot rollers.
  - The larger the size of curling iron barrel, the more wavy and less tightly curled your final look will be.
6. Be sure to preheat the curling iron or hot rollers before beginning. [wikiHow.com](http://wikiHow.com): How to Curl Hair
7. Separate your hair into five sections as follows, using elastic hair bands to secure your locks:
  - 1. One section of the crown area (the top of your head)
    2. Two equal sections for the right and left sides of the front of your head
    3. Two equal sections for the right and left section of the back of your head

## • **For Traditional Curlers or Rag Rollers**

1. Thoroughly brush your hair before beginning.
2. Get your hair slightly damp, either from washing, or from a light misting of water.
3. Let your hair air dry slightly if it is soaking wet, otherwise your curls will take an especially long time to dry and set. [HairBoutique.com](http://HairBoutique.com): Curling Your Hair: Pin Curls and Rag Curls Made Easy
4. Avoiding the roots, apply a styling product especially made for use with curlers for extra hold and less frizz later on.
5. Gently separate your hair into five sections and secure using elastic hair bands.
  - 1. One section of the crown area (the top of your head)
    2. Two equal sections for the right and left sides of the front of your head
    3. Two equal sections for the right and left section of the back of your head

## • *Using a Curling Iron*

1. **IMPORTANT:** Whenever you're using a curling iron or other electrical appliance, be sure to follow its included safety instructions to avoid electrocution or burns.
2. Unfasten one back section of your hair and begin near the nape of your neck, working up and out. [HairBoutique.com Prom Styles #4: Creating Gorgeous Spiral Curls](#)
3. Grab the end of a one-inch section of your hair with the curling iron (you may need to use slightly smaller or larger sections depending on the thickness of your hair.)
  - Make sure the very end of the hair is tucked into the curling iron. [Free Beauty Tips: The Best Way to Curl Your Hair](#)
4. Twirl the curling iron to roll the hair around it until you almost reach your scalp, being careful not to burn yourself.
5. Hold the curl tight for about 30 to 45 seconds, depending on how well your hair takes curl and how strongly you would like the curls to be set. [HairBoutique.com Prom Styles #4: Creating Gorgeous Spiral Curls](#) Keep in mind that holding the same curl for over a minute can severely dry out and damage your hair. [Wikipedia: Hair Iron](#)
6. Release the tension on the curling iron handle, and slide the curl off the end of the curling iron. [wikiHow.com: How to Curl Hair](#)
7. Continue to curl one one-inch sections of hair at a time, undoing more sections of banded hair as you need to.
8. When you're finished curling all of your hair, gently comb through the curls for more subtle waves, or just use your fingers to slightly separate the curls for a more distinct curly look.

## • *Using Basic Curlers*

- **REMEMBER:** The thickness and length of your hair will affect how long it takes for your hair to dry in the curlers. This can take a very long time if you apply the curlers when your hair is completely wet.
1. Curlers should be applied when your hair is slightly damp, either from water or a light application of styling product. [HairBoutique.com Prom Styles #4: Creating Gorgeous Spiral Curls](#)
  2. Release one part of your five sections of hair.
  3. Wrap a small section of your hair (half an inch to an inch) around a curler, starting at the ends of your hair and rolling up towards your scalp.
    - The amount of hair you can wrap around each curler will depend on how thick and long your hair is. [wikiHow.com: How to Curl Hair](#)
    - If the hair becomes too thick for the curler before you can roll it all the way to your scalp, use a smaller section of hair.
  4. At your scalp, tightly fasten the curler.
  5. Continue rolling sections of hair around the curlers and securing until all your hair is in curlers.
  6. Let your hair dry completely, which may take several hours?
    - Keep in mind that the outside hair on the curler may feel dry when the inside hair is still damp.
    - If you want to speed the drying process, you can use a hair dryer on low setting.
  7. When you're sure your hair is dry, carefully remove each curler. Don't pull—if the curl won't slide off the end of the curler, try spinning the curler in a circular motion to unwind it. [wikiHow.com: How to Curl Hair](#)

## • **Using Rag Rollers**

1. Release one section of your divided hair from its elastic band.
2. Begin by taking small sections of hair and wrapping it around the cloth strip, then twirling towards your scalp to roll the hair like you would with a traditional curler.
3. With rag rollers, you can control the size and tightness of your curls by how tightly you wrap the hair around the cloth strip.name "HairBoutique.com A" HairBoutique.com: Curling Your Hair: Pin Curls and Rag Curls Made Easy
4. When you reach your scalp, take the two ends of the cloth strip and tie them together.
5. Continue until all of your hair is wrapped in rag rollers, releasing sections of your hair as you need to.
6. Be sure to let your hair completely dry before untying the rag rollers.name "wikiHow.com A" wikiHow.com: How to Curl Hair
7. After removing the rag rollers, break up the curls with your fingers to keep a tousled, naturally curly look.

## • **Using Hot Rollers**

1. Loosen one section of your hair in the back of your head.
2. Take about a one inch section of your hair and, being careful not to burn yourself, roll it into a hot roller starting at the end and finishing as near to your scalp as possible.eHow.com: How to Curl Your Hair with Hot Rollers
3. Secure the hot roller tightly.
4. Continue the above steps until all of your hair is in hot rollers.
5. If your hot roller kit includes a mix of sizes, use the smaller rollers on the crown of your head and towards the front, working up to a larger size in the back and underneath for the most natural look. The smaller the curler, the tighter the curl.
6. Leave the hot rollers in your hair for 10-20 minutes. The longer you leave them in, the curlier your hair will be. Free Beauty Tips: The Best Way to Curl Your Hair

## • **Tips to Make Your Curls Last**

Once you've got your perfect curls, here are some tips for keeping them curly as long as possible:

1. When you first remove your curl from the curling iron, hot roller, curler or rag roller, don't let it unfurl right away. Hold it in a tight curl while you spritz it with high-hold hairspray before releasing.
2. If you're done curling your hair and have hours to wait before you need your curly look, you can bobby pin your curls in their curl shape until you're ready to show them off. Free Beauty Tips: The Best Way to Curl Your Hair
3. The weather definitely plays a part in how long your artificial curls will last, so use a bit of extra hairspray on especially humid days.
4. Hair that has not been washed for a day is likely to hold curl longer due to its higher amount of natural oils.HairBoutique.comProm Styles #4: Creating Gorgeous Spiral Curls
5. Healthier hair does a better job of fighting off frizz than dry hair because it doesn't absorb as much moisture from the air. So, condition your hair before curling it to help keep your curls frizz-free. MarieClaire.com Hairstyles: How to Get Volume Shine and Curly Hair
6. If you find yourself curling your hair with one of these methods almost every day, you may want to consider a chemical perm, which is a permanent curl to your hair.eHow.com: How to Curl Your Hair and Make it Curly .There are also shampoos which claim to add curl to your hair, but their effectiveness is questionable.