

## **February 2026 Blog**

**As a salon owner who has sparse, fine hair I thought a little information about it might be useful for fellow fine hair persons.**

### **What exactly is fine hair?**

First things first, fine hair doesn't mean thin hair. Fine hair actually refers to the diameter of each individual strand, making them smaller and more delicate. This makes the hair strands more prone to oil build-up and a lack of volume that so many clients experience.

There is also sparseness which is the size of the gap between follicles giving a feeling of thin hair. If you are like me I struggle with both.

To make things more complicated, a client can have fine but thick hair, meaning hair is fine but has lots of it or fine and thin hair. When we consult we look at all this during consultation. It allows us to fully understand the type of fine hair we are working with and give you the best advice.

### **How to cleanse fine hair the right way**

One of the biggest complaints from fine-haired clients is that their hair gets greasy way too quickly. Because fine hair is smoother and less porous, oil tends to sit on the surface rather than absorb, making the oil become visible much faster. Let's explore some pro cleansing tips to share with you to avoid these problems:

- Focus shampoo mainly on the scalp and crown
- Avoid shampooing the lengths
- Apply conditioner only to the mid-lengths and ends
- Never condition at the root unless absolutely necessary

These simple in-shower tweaks alone can extend time between washes, as well as improve volume.

### **How to style fine hair**

When it comes to styling fine hair, it's important that you take a mindset shift over what products to use.

If you are struggling with volume and curls holding, you need to apply less of the heavy oils, creams and thick serums, and more of the mousses, texturising mists and boost volume sprays. Unfortunately, oils and serums can weigh down fine hair, making volume & curls drop out as well as making the hair greasy. These specific volume boost products coat the hair with lightweight polymers that add grip, structure and volume without the heaviness. Now, I'm not saying to remove your haircare favourites from your routine, but prioritising hold-based products will definitely make your fine hair more manageable.

### **Our professional product picks for fine hair**

These are our must-have products to keep fine hair looking its best between appointments.

- **Loki Cleansing Botanical shampoo**

Gentle plant derived cleanser that removes impurities without stripping natural moisture. Helps balance scalp's natural PH and maintain comfort. Naturally purifies and soothes scalp environment. Helps reduce scalp dryness, flakiness and discomfort.

Purifies and Refreshes Scalp naturally.

## Key Ingredients

Cade Oil - Anti fungal and antimicrobial properties - traditionally used to treat scalp psoriasis, dandruff and skin conditions.

## Who should use it?

Anyone with thinning or fine hair. Those prone to itchy, flaky, or oily scalps or people seeking a natural alternative to synthetic shampoos. Safe for all hair types and colour-treated hair.

Juniperberry essential oils – Improves circulation and helps detoxify the scalp. Encourages stronger hair follicles and reduces excess oil without over-drying.

Tea Tree Essential Oils - A powerful natural antiseptic and anti-inflammatory, tea tree oil - soothes scalp irritation and fights dandruff-causing bacteria and fungi.

Eucalyptus Essential Oil - Invigorates the scalp and enhances mental clarity during use. Known to stimulate hair follicles and support faster, healthier growth.



## How to use it?

Massage into wet scalp and hair. Let sit for 1–2 minutes before rinsing thoroughly.

Follow with: **Lokió Natural Hair Growth Conditioner** for best results.

Use 2–4 times a week.

## Key Ingredients

Rosemary Extract & Essential Oils - Clinically linked to stimulating hair follicles and increasing blood flow to the scalp, rosemary is a proven natural ally in the fight against hair loss.

Birch Silver Leaf Extract - Traditionally used to improve scalp circulation and combat inflammation — ideal for encouraging natural regrowth.

## Who should use it?

People with thinning or slow-growing hair Individuals experiencing dry, itchy, or inflamed scalps. Those looking for a clean, natural conditioner that hydrates and supports long-term hair health. Suitable for all hair types, including colour-treated or sensitive scalps.

Calendula Infused Oils - Soothes irritated scalps and helps regenerate skin cells, ideal for calming sensitive or flaky skin while boosting scalp health.

Wheatgerm Oil - Rich in Vitamin E, this natural oil deeply nourishes and helps repair damaged hair follicles, promoting healthier growth.

Soya Lecithin & Soya Protein Isolate - Plant based proteins that strengthen hair strands prevent breakage and add resilience and shine.

## FOR STYLING

### Shed Pump Up Volume Blow Dry Spray

A pre-styling essential for fine hair clients, Shed's Pump Up. Simply spritz this spray over towel-dried hair post-shower, dry into the hair, and watch your hair thicken. Adding body without stiffness, this volumising spray contains provitamin B5 for added strength, helps reduce breakage and frizz, protects hair up to 230°C, and gives the most voluminous finish to every style. This is ideal for clients who struggle to get volume that lasts past the salon chair.

### Shed Root Boost

A spray foam is essential for finer hair types wanting big, voluminous blowouts or for those shorter styles needing added texture for their look to last all day long. It lifts and plumps hair straight from the roots for major volume and lift that stands the test of time. This structure building spray foam features a directional nozzle to let you get right to the root for thicker, fuller hair. Infused with a structured complex of volumising polymers for outstanding plumping and volume with no stickiness and long lasting hold, so you never have to worry about hair collapsing again. How to use: Divide the hair whilst damp and spray into the roots. Massage in and thoroughly blow dry the hair, concentrating airflow on the root area before styling the mid lengths and ends as desired. Can also be used on dry for instant lift and shape.

### Matrix Total Results Wonder Boost

A non sticky root boost that builds lightweight body and hold; adds extreme root lift; leaves hair looking full-bodied. Directional spray application for ease of reaching root area. Silicone Free.

Not sure what to use? Just ask a team member for a products consultation.

So hopefully some of you will have found that information helpful and don't forget to check back next month for more salon news, information and tip - **Anna x**