

Do It Yourself

QUARANTINE BEAUTY REGIMEN

The quarantine has upended our work and personal lives, in turn disrupting a lot of our self-care and beauty routines. With hair-stylists, manicurists and aestheticians on lockdown with the rest of us, many are having to resort to “do-it-yourself” beauty regimens.

Having a pro help you do your hair, nails, and waxing has become a luxury for many. With the quarantine, there are a few things to keep in mind as you tackle your beauty needs yourself.

Be realistic

You don't have to be a pro in most cases, but know there's a reason you pay your stylist the big bucks. You should know going in that the quality of your efforts may not be the same (and that's okay). At-home grooming is enough to get you by until social distancing and shutdowns end.

Tackling the gray

One of the fastest growing industries during the shutdown is hair dye. While some are embracing their gray, many can't bear the site of nature taking its course in their head. But local hair stylists are pretty clear when it comes to tackling your gray, leave your hair color to the professionals.

“If you are used to going to a salon/stylist, only use spray on color if you have it; (Walmart, Walgreens,etc should have it),” said Tami Vienn of Elige Salon in Third Ward. “If you use any type of semi permanent, rinse, or box color you will ruin the color of your gray or natural hair and it requires extensive color correction, which is extremely difficult to correct on gray hair.”

Cutting your hair

If you're in need of a hair-cut, it's also best to save that for the pros. In the meantime, Anderson says, you can focus on taking care of your hair at home so it'll be healthy when it's time to go to the salon again. If you do decide to cut, just trim it, and always do it on dry hair only. Solicit help from family members so you don't have to even try to cut the back of

ReShonda Tate Billingsley

HELPING OUT-OF-WORK BEAUTY PROS

Many professionals in the beauty industry have been forced to close shop for the foreseeable future and lay off employees. Since they only make money when they're working in a salon with clients, it has become a struggle to make ends meet and pay bills while they are out of work for an undetermined amount of time. Some stylists are also concerned that this new era of doing-it-yourself, will lead to people getting comfortable and giving up on the pros altogether. If you'd like to support beauty professionals, here are a few tips:

**Buy gift cards to use later:** Purchase them from your salon to use at a later date when it's safe to go back to a salon.

**Pay them for a future service:** If your beauty professional isn't currently working, you can CashApp, Venmo, or Zelle them funds for a future appointment to help them have some income now.

**Do a Skype or Facetime appointment at home:** If you're not sure how to do a hair or skin treatment and want a professional's advice, ask if you can pay them to help you over the phone or via video chat.

your hair alone. “You can groom or touch up your current shape, but don't attempt an entire new cut or style,” said Wanda Anderson with Serenity Studios.

Keep it healthy

Experts say to focus on keeping your hair clean and conditioned between appointments. “For maintaining hair at home, always try to use the same products your stylist uses.

If you have no access to the products, always ask your stylist what she suggests. It is never good to just pick something off the shelf especially because it smells good,” Vienn said.

Break out the accessories

Accessories will extend the appearance of your style while having salon withdrawal. A headband will push overgrown bangs out of your way for a fresh look. Try a bun for a polished look with a scrunchie. For ponytail lovers, slick back the front of the hair for a clean look and decorate the back with a large printed scarf.

Doing your nails

You can recreate a nail salon experience at home with the right tools, although you may not be able to do a gel manicure or a professional

dip manicure. Start with clean nails and a quality base coat/top coat and polish. File nails gently in one direction and then buff. Gently push back cuticles. Massage nails with hand cream and remove the residue. Apply a base coat, let it dry, and apply a color in thin strokes down the middle and both sides. Follow with a top coat. At-home manicures can also be a fun and relaxing activity. You can get your daughters or mom to join in.

At-home waxing

For most people waxing is nixed for the foreseeable future as salons have closed. You can stick to shaving or trimming at home for the time being, but you can also try a variety of at-home waxing options — if you're brave enough.

Beauty pro, Lisa James advises novice waxers to avoid the more serious hot wax products. But if you have some experience with them, her recommendation is Sally Hansen Microwave Hard Wax.

“It's so easy to use — and efficient. You literally pop it into the microwave for one minute and your wax is instantly ready for use. I will note though, this is for the more experienced waxers. I would not recommend doing it if it's your first time and have no real experience waxing. Wax strips are best for beginners,” James says.



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READERS WEIGH IN

How some people are weathering the isolation storm.

“I removed my nails last night. Acetone was taking too long. I saw a YouTube video on how to remove my nails with Zipper Stripper sewing supplies. It did the trick.”  
– Paulette Harper

“I soaked my nails off a couple weeks ago. My daughter and I are keeping our hair in two strands twists until further notice. Wash, condition, moisturize and retwist every week. I did teach her how to do box braids a few weeks ago.”  
– Staci Vilts White

“Bought a gel nail lamp and drill it arrived today from Amazon.” – Theia Brown

“I am a nail salon girl...in the meantime and in between time, I'm making due with Color Street nail applications. It's real polish in strip form that you just stick on your nails. They last between 7-14 days and you just remove it with polish remover. Quick and easy to apply and I feel like I actually wanna look at my nails now.”  
– I.J. Johnson

“Using quarantine as an opportunity to buy and try new hair products and hair styles every few days. Also, using a pedicure kit, tub, Epsom salt, Listerine combo for at-home pedicures. Managing just fine...” – Nicole Scott

“I graduated from YouTube Protective Styles with a certificate. I had hair for an appointment (before this), so I used it. Used the rubber band method to put in twists. I will say for the first time I did a decent job. If I needed to go out, no need for a headwrap anymore. My stylists need to beware; if I have to do this a few more times, they won't be seeing much of me.”  
– Bonita Lee Penn

“My hair is still holding up for now. I have never applied a relaxer or color to my own hair myself and I don't believe this is the time to start. I have short hair and have never worn a scarf to bed, but I am now finding a scarf to be helpful in keeping the new growth flat!” – Jackie Simlen

“I'm about to braid it up. YouTube is a lifesaver. The only issue I've had was getting the extra products I've needed. I think it's also a good time to experiment with different things that I wouldn't have done if I went out every day. I'm having a little bit of fun with it. Also learning how to cut my sons' hair.” – Nicole Bird Lester

“Had to go back 15 years to my cosmetology days. Found a distributor to bring supplies to my door step...no kinks for me!” – QianaJoi James

“I soaked my dip off...warm up that acetone a bit. It works faster.”  
– Bridgette Wilkins

“I bought a pair of clippers and cut all my hair off. Something I had been afraid to do. Best decision I've made. I wish I had done it sooner. It's healthy and looks sooo good.” – Shuronda Robinson

“So far I've given myself a manicure and clipped and filed my toenails (no polish) ... waxed brows, lip and chin. I [might start] saving that \$150 a month!”  
– Stephanie Alfred

“My stylist put together kits w/products she uses, i.e. shampoo, conditioner, wrapping foam, oils, etc. She ships it to you overnight. Once I used her products I was good. My hair came out great.”  
– Tyla Gordon-Mapp

“Nails are fragile and short. I took my braids out. Lord why did I do that? Anyway, I attempted to relax my natural hair...EPIC FAILURE. So my roots are straight and the ends are curls. I've also ‘trimmed’ my ends twice and now I'm bald headed.”  
– Esperita Edwards Garrison