

HAIR THAT WORKS AS HARD AS YOU DO

YOUR EFFORTLESS ROUTINE FOR LASTING COLOR
AND LIVED-IN STYLE



A step-by-step guide for
effortlessly chic low
maintenance hair so you
spend less time styling and
more time living.

ChristiLanz
HAIR STYLIST
LAKE OSWEGO

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Introduction

A few weeks after I had my baby, I had one of those mornings I will never forget. I had a doctor's appointment, and I needed to get myself and a brand-new baby out the door. Bag packed, essentials gathered, hair washed "enough," makeup applied fast, outfit chosen in the few minutes between feedings and sheer exhaustion.

Every movement felt slow. Like running through water. But I made it.

I got dressed, pulled myself together, and arrived just in time. When I walked in, the nurses looked at me and said something that stopped me in my tracks:

"You look so put together. I didn't look anywhere near that polished when I was a new mom."

I smiled, but inside I thought, If only you knew. Because the truth is, I did not feel put together. I felt tired, overwhelmed, and stretched thin in that uniquely tender postpartum way. But I looked polished because I had learned a set of simple skills that work even when you have no time, no energy, and no patience for trial and error.

That moment made me realize something important.

Looking refined is not about having more time. It is about having the right strategy. It is knowing exactly what to do, in what order, and choosing the few details that change everything. And yes, this started for me in new motherhood. But these tips are not only for new moms.

They are for any busy woman with a full life. A demanding career. Family responsibilities. Events and commitments. A calendar that never slows down. Women who want to look like themselves, but better. Even on a random Tuesday. Even in the pickup line. Even when life feels relentless.

In this guide, I'm going to share a handful of my most effective "polished in minutes" principles to help you look elevated, effortlessly pulled together, and quietly confident without spending your life getting ready.

If you want tailored guidance, I offer consultations so we can build a personalized plan based on your hair, your lifestyle, and how you want to show up in the world. And if you want the full step-by-step system, I'm currently writing the complete book that breaks down these strategies in depth. Consider this your introduction.

Let's get started.



PRO Tips

These are the details most women never hear because they live between appointments.

Over the years, I've noticed that the clients who love their hair the longest aren't doing anything complicated. They're doing a few specific things consistently, and they understand why they matter.

The tips on the following pages are the quiet habits that protect your color, keep your ends looking expensive, and help you extend your hair between visits. They're the small adjustments that make the difference between hair that merely grows out and hair that continues to look intentional.

Think of this as insider guidance. Practical, realistic, and designed to fit into real life.

5 Pro Tips to Keep your Color Vibrant between Appointments

1. Wash Smart and Use Cool Water

Limit shampooing to 2-3 times a week, avoid hot water which opens the cuticle and accelerates fading, Use a sulfate-free, color-safe shampoo and rinse in lukewarm or cool water to prevent stripping away the color. This helps your hue stay vibrant much longer.

2. Refresh Your Color at Home

Use color-depositing products or toning treatments once a week to revive your hue. Blondes can use a purple shampoo to neutralize brassiness, while brunettes might use a blue-tinted conditioner; these tone-preserving formulas keep your color true-to-tone between salon toners. You can also apply a color conditioner at home to boost shine and color depth. Just stick with your current shade clients get into trouble when they try to change their color at home rather than enhancing what they have.

3. Shield Your Hair from Heat and Sun

Always apply a heat protectant before blow-drying or styling with irons, and dial down those tool temperatures. On sunny days, use a UV-protectant spray or wear a hat to block color-fading rays. By minimizing heat styling and sun exposure, you'll preserve both your shade and your ends' integrity.

4. Hydrate and Strengthen Between

Color-treated hair craves moisture. Deep-condition it with a quality mask at least once a week. Also consider using bond-building treatments (like Olaplex or K18) at home between color services to fortify your hair's structure. Well-hydrated, reinforced hair holds color better and feels like silk, even weeks after your salon visit

5. Tackle Regrowth and Split Ends Cleverly

If your roots are showing, camouflage them with a temporary root concealer powder/spray or even a regular waterproof mascara wand in a matching shade. To blur demarcation lines further, avoid a strict middle part; try a slightly off-center part which makes regrowth much less obvious. Keep ends looking fresh by "dusting" away splits: this means trimming only the frayed tips (you can do this carefully at home or ask for a quick salon dusting) so you remove damage without losing length. You can also smooth a drop of hair serum or oil on your ends daily to seal them and conceal any dryness.

5 Tips to Extend Your Hairstyle Between Washes

1. Start with a Strong Foundation

For the longest-lasting hair, apply conditioner only on your ends, use a heat protectant, then blow-dry and curl your hair in sections and let it cool completely before brushing or touching it. Curls that cool in their shape will hold twice as long.

2. Use Dry Shampoo Proactively

Don't wait until your hair is visibly greasy to break out the dry shampoo. The secret is to use it before oils take over. Apply dry shampoo at the roots before bed or on the second day, so it absorbs sweat and sebum as they emerge. This overnight trick creates a shield that soaks up oil while you sleep, so you wake with hair that still looks and feels clean. (Bonus: Spraying a bit on clean hair can also add volume.)

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5 Easy Hairstyles for (By Occasion)

1. Quick style for work - Curls

Large, beach curls are my favorite. Even if you didn't blow dry your hair the night before you can still wear your hair down. Use a 1 ¼ barrel. If curls tend not to hold spray a bit of a working hairspray on before along with a dry heat protection spray. Start in the front and work in large sections around your head.

2. Quick style for running errands- Low bun Chignon

Section hair from eyebrow to eyebrow into a half up pony. Make a hole and feed the pony tail through tipsy-turvy style. Feed sections from eyebrows to ears into the hole. Secure another pony below leaving a loop out. Wrap the ends of each around the loop and secure with Bobby pins

3. The Gym - fancy pony

French or dutch braid just the top Mohawk section of hair. If you struggle with braids, doing just this section is easier. When you get to where a high pony would be pull all your hair into an elastic.

4. Date night / Events - curled low fancy pony

Secure your hair in three low pony tails the largest in the center. Split the side pony and feed the tail in tipsy turvy style feed the large pony through each side and curl ends.

5. Casual hair - half up half down

Section your hair from eyebrows to eyebrow and crown, secure with an elastic, make a hole and tuck the tail inside, next gather the hair from ear to ear and make a high pony, include the hair from the first pony. This time, separate the hair and flip up through the hole. tuck in and secure.



Product Recommendations

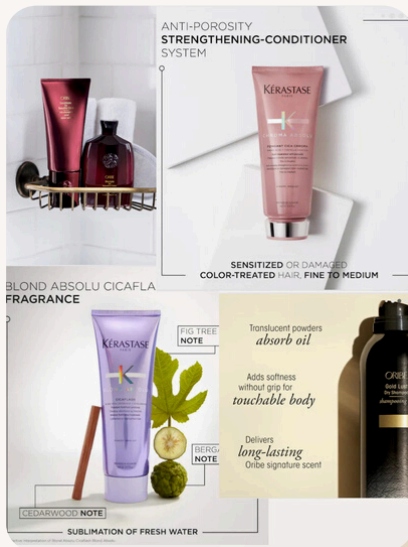
Hair products should support your life, not complicate it.

The recommendations that follow aren't based on trends, marketing, or what's new on the shelf. They're the products I return to again and again because they perform consistently, protect the integrity of the hair, and age beautifully between appointments.

Each product is chosen with intention. To preserve color. To maintain softness and shine. To support scalp health. To make styling faster and more predictable, not more involved.

You don't need a crowded cabinet to have great hair. You need the right few pieces, used well. Consider this a curated edit, designed to help your hair look polished on ordinary days, not just when you leave the salon.

Products + Treatments to Help You Stretch Your Style and Protect Your Investment



You've invested in beautiful, dimensional color. Now it's time to protect it. These are the same salon-quality products and treatments I use behind the chair to help your hair stay healthy, vibrant, and easy to manage between appointments.

- ✓ Less fade
- ✓ Less frizz
- ✓ More shine
- ✓ More good hair days

In-Salon Treatments Worth Saying Yes To

K18 Molecular Repair Treatment

A game-changer for damaged or chemically treated hair. This bond-building treatment repairs hair from the inside out in just 4 minutes.

Perfect if you want stronger, healthier hair with every color service.

Kerastase Fusio-Dose

Fully customizable and applied in-salon to target exactly what your hair needs: hydration, strength, shine, or softness – instantly.

Ideal for that post-color glow-up.

What I Recommend Between Appointments

Oribe Dry Texturizing Spray

Not just a dry shampoo – it gives volume, texture, and makes day 2 (or 3) hair look better than day 1.

Oribe Beautiful Color Shampoo, Conditioner, and Mask

Intense moisturize preserves color and prevents breakage

A must-have for anyone coloring their hair. Use the mask once a week for long-term repair and strength.

Kerastase Blond Absolu or Chroma Absolu Line

For blondes or brunettes, these lines protect your tone and keep your color rich and radiant.



In Salon Services

The most successful hair appointments begin long before you sit in the chair.

Every service I offer is designed around one core principle: hair should grow out beautifully. That means thoughtful placement, customized formulas, and timing that respects both your schedule and your hair's integrity.

Rather than one-size-fits-all services, my approach focuses on longevity, balance, and realism. Color that softens instead of sharpens. Cuts that hold their shape.

Techniques that evolve with you rather than requiring constant correction.

The services outlined here are meant to support the tips and routines you've just read. When in-salon work and at-home care align, hair becomes easier, more predictable, and noticeably more polished over time.

This is not about doing more. It's about doing the right things, at the right moments, for where your hair is now and where it's going next.

Is Lived-In Hair Right for You?

If you love hair that feels natural, grows out seamlessly, and doesn't demand a touch-up every month, you're in the right place.



My lived-in color services are designed for the modern woman who wants luxury without the constant maintenance.

This section will help you decide if a lived-in color service is right for you. If you decide it is you can scan the QR code below for instructions on how to request an appointment. I take a limited number of new clients each month. I will go over your request and let you know if we are a good fit.





Lived-in Blondes

The low-maintenance Blonde method is designed for women who want to look polished without frequent touch-ups. Unlike traditional highlights that start close to the scalp and create a visible line as your hair grows, my technique is built for soft blending, natural dimension, and seamless grow-out so your hair stays beautiful for 12 weeks or longer.

Choose Your Starting Point

Medium → Light: Naturally medium to lightest blondes who want to go brighter.

Medium → Dark: Naturally medium Darker blondes or who want brightness and dimension.

Choose Your Desired Result

A Little Bit of Brightness (Very Natural)

Subtle, refined, and sunlit.

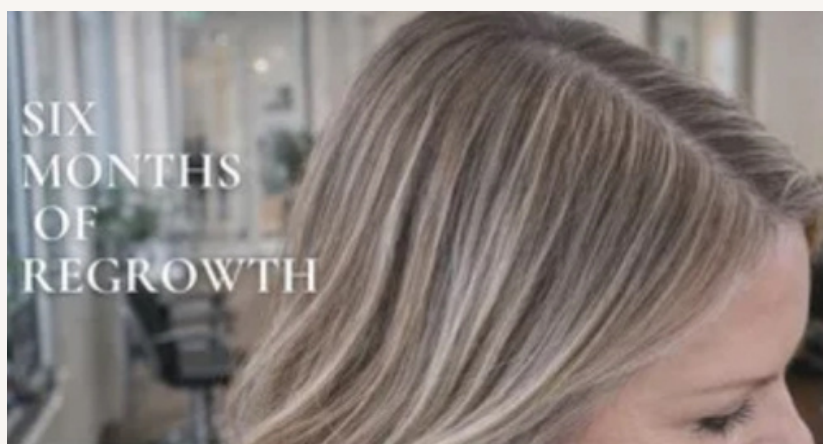
Perfect if you want to look fresher and more polished without a dramatic change.

Think: soft glow around the face, gentle dimension through the ends, people notice you look good but can't tell why"

A Lot of Brightness (Natural, More Noticeable)

Brighter overall with more blonde presence, while still keeping the root soft and natural.

Think: noticeable blonde without looking overdone, brightness in the front + throughout, bold enough to feel exciting, subtle enough to stay elegant





Lived-in brunettes

My brunette technique is designed for women who want natural-looking depth with strategic brightness, so your hair grows out softly and stays polished for 12 weeks or longer.

Choose Your Starting Point

Medium → Dark

brunettes with naturally medium to dark hair or hair with more warmth. I find most dark brunettes still want to feel brunette. Going too blonde will result in a higher maintenance service.

Medium → Light

Brunettes with naturally light to medium hair.

There are more options available and we may be able to get you to an all over honey or Carmel blonde with minimal upkeep

Choose Your Desired Result

- A Little Bit of Brightness (Very Natural)

Subtle dimension and softness – like your natural hair, just better.

- A Lot of Brightness (Natural, More Noticeable)

More noticeable dimension, lighter pieces, and a brighter overall look while still staying natural.



Less
than
50%

Clients who have LESS than 50% gray have the widest range of options when it comes to regrowth blending. The key here is not to fully cover your grays, but trick the eye so that as they continue to grow, they look like a little highlight instead of “gray”

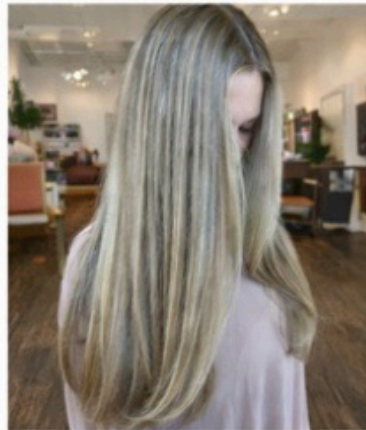
•
Because everyone's gray pattern is unique to them, your color will be completely customized to meet you and your gray pattern where it is.

Low Maintenance Options Range From

- Blondes
- Brondes
- Brunettes



FOR CLIENTS WITH MORE THAN 50% GRAY



Clients who have MORE than 50% gray will be more limited when it comes to gray blending. Here, we need to focus on having your lightest pieces in the area your gray is most dominant because going too dark or creating too much coverage, will result in a harsher grow out.

LOW MAINTENANCE OPTIONS RANGE FROM

- Blondes
- Brondes

“If this guide spoke to you, we might be the perfect fit. I offer a luxury low-maintenance color experience from the moment you book to the final reveal.

Ready for Effortless Hair?

Want to get started? Visit my New Guest Booking page here

[**Book Here**](#)

Or just reply to this email and I'll help you find the best next step.



About me

As a busy mom of a young boy, a
and a hair stylist , I understand
the busy lives we all lead...

As a woman who lightens my hair and is starting to gray, I
also understand the desire to still look and feel my best!
Our hair color can play a huge part in how we feel about
ourselves. and my goal is to help every woman feel
beautiful and at home in their hair!



Effortless hair is never an accident...
it's a vibe, a ritual, and a really good
product lineup.

Thank you!



@christilanzhair
