

How to handle fine hair - Ask the expert!

Rodney Gentry, Full-service Designer and Hair Color Specialist, Sachi Studios

From static issues to limp, dull styles, fine hair can sometimes feel impossible to get right. Thankfully, expert color specialist Rodney Gentry, based at Sachi Studios in Scottsdale, is here to help!

Q: First, why is it that some of us have finer hair than others?

Rodney Gentry: Fine hair results when each individual strand of hair has a small circumference, so that individual strands are not as large as those belonging to other people whose hair has a wider circumference.

Q: Do people with fine hair have particular problems as a result of the hair's fineness?

RG: Clients with fine hair tend to come to me with a similar range of complaints. While fine hair can look sleek and beautiful, it can be difficult to style. Many clients also wish for more volume to their hair.

Q: How do you help them to overcome these issues?

RG: There are plenty of options for those with fine hair. Highlights are one way to add volume and texture, and lowlights can work really well, too. It is really incredible what you can do with color. Clients always get a boost when they see how different their fine hair looks after it has undergone a color treatment.

There are also some great products on the market to help with fine hair. I'm loving the René Furterer Volumea range right now. The four products—shampoo, conditioner, conditioning spray and a volumizing foam—harness the power of natural ingredients like carob in order to create long-lasting volume that leaves the hair bouncy and lightweight. Products like these work wonders, and it is great to be able to introduce clients to them and know how much they will enjoy the effect that they have.

Simple things like drying technique can also make a big difference. People with fine hair should lift the hair outward and upward as they dry if they want maximum volume. They should also avoid brushing it when wet, as fine hair can break very easily.



Q: We've focused on the problems and solutions of fine hair here, but are there also advantages to it?

RG: Of course! Fine hair can look stunning, just like all other types of hair. Fine hair tends to be soft and silky. This makes it harder to style, but the flip side is that it can almost glow with a wonderful, natural shine. Those with curly fine hair will also find they spend much less time straightening it than their thicker-haired friends. Fine hair is also brilliant for the summer months, when it helps to keep the head cooler.

Just like all other hair types, fine hair comes with plentiful advantages, as well as its own particular issues!

Q: What other problems do people with fine hair face?

RG: Fine hair can be more prone to damage than thick hair, so those with fine hair need to be careful about over-styling and the use of chemical treatments. Here at Rodney Gentry, we specialize in using products that are kind to the hair, and that nurture it at the same time as coloring it. I don't believe that there is any place for harsh chemical treatments in a modern salon—they just aren't necessary anymore. Enzyme-based products can color hair beautifully, and are so much kinder to it than the old peroxide-based treatments.

Q: Can you recommend any quick fixes for those with fine hair?

RG: Well, a quick trip to Sachi Studios, for one! For those after a quick fix at home, I would recommend always having a deep conditioning masque on hand, ready to be used as a weekly treatment or whenever particularly luscious locks are required. On a daily basis, it really doesn't get much better than the René Furterer Volumea line for those looking for added body.



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