Hadley

Hair Care Sample

If you can't depend on your mirror for help, you can use a few simple tips and techniques to still style your hair the way you like.

So, let's talk about curling and straightening. But before we get started on specifics, here are some hints that help with both. Find one easy-to-reach spot to lay down your curling iron or straightener. If you choose the same place every time, you won't have to hunt for it. And it's been a while since you styled your own hair, it doesn't hurt to practice first with a cold appliance. Take your time and take it slow at first. If you use a heat protectant product, try spring it on a brush and brushing it into your hair. That's easier than trying to see where you're spraying it on your head.

You might try styling by starting with your front and sides first. That way, if you miss a few spots in the back, it'll be harder for folks to tell. Your fingers will be really helpful as you feel to divide and separate your sections of hair.

**Ed:** Now, that you've had a chance to learn a bit with us, we'd like to learn more about you: Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course, if you prefer to talk through these questions, we're just a phone call away at 800-323-4238.

Taking these few steps saves your preferences, so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?