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Hair bleaching? Peroxide percentage?

Bleaching hair and wanting to know whats the best % for bleaching hair? Mainly just for regrowth.

Also whats the highest % you can get from a drugstore?

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Answers

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Hello,

This answer might be way too late, but I thought it was fair to share the actual information related to this.

Percentages do exist when it comes to peroxide/hydrogen, at least, related to dyeing.

Volume 10 (3%), Volume 20 (6%), Volume 30 (9%) and Volume 40 (12%).

Dependant of the amount that you want your hair to lighten up, you pick your volume. Volume 10 is the weakest of the selection and Volume 40 is the strongest. If you wish to bleach your hair from (For example) dark brown to a bright blonde, it could be recommended to use the strongest volume (40), but the damage that will be done to your hair can be pretty dangerous, therefore it is recommended to pick volume 30 (9%) in this case for a slower, but more secured bleaching.

Brands are not a difference with this chemical, nor will it be any different when you do it at home or you visit a specialist; the same damage will be done to you hair. This is why it is also important to take responsibility of your hair, before considering bleaching it. You'll need a good conditioner to take care of your damaged hair. It is also recommended not to have recently washed your hair as it is best to face your hair with the chemicals while it is at it's strongest; when greasy (Oily state of the hair). A recommended time of bleaching would be +/- 30 minutes or a less when you wish for a slightly brighter shade of the hair.

Volume 20 (6%) will brighten the hair by 1 level.

Volume 30 (9%) will brighten the hair by 2-3 levels.

Volume 40 (12%) will brighten the hair by 3-4 levels. (Not recommended)

Generally it is recommended to use a lower volume/percentage and to take multiple steps to work to your goal, taking breaks of at least +/- 2-3 weeks to allow the hair to restore properly. (But let us all admit, who would actually wait that long before getting that color you want? But do not overdo it and respect your hair.) The exact amount that your hair will brighten up is related to your hair color, the history of bleaching/dyeing of the hair. There are no solid formula's in which every hair type can be specified, it is always a bit of a gamble, that is exactly why it's an interesting subject as it requires experimenting.

PS: Take the advice of the user Nilofer when it comes to swimming, do not go swimming too early after you have bleached your hair. Do not expose your hair to too much heat, as recommended in this reply. This includes the water that you will wash your hair with, it might sound weird, but the healthiest temperature for your hair would be cold water. Of course that will be useless to wash out your hair with after you bleached or dyed it, but generally it might be good to know for the upcoming times.

I hope my reply is considered useful,
I wish you success on your hair experimenting journey, hahahah!

- Zack.

Source(s): Experience of 6+ years of bleaching to white/gray hair.

[Zack](#) · 2 years ago

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While bleached hair can look great, it can also be very drying and damaging to your locks, so we've put together some hair care tips that will give your strands a helping hand!

If your hair is bleached then you'll need to protect it with a swimming cap or wash with an anti-chlorine shampoo (available at specialist shops) when taking a dip in chlorinated water. Chlorinated water can wreak havoc with your locks and could even turn them green!

When it comes to washing your hair, extra care should be taken to counteract the drying and damaging effects of bleach on your hair strands. Go for a mild shampoo and conditioner and only wash when absolutely necessary.

Bleach can make your hair more vulnerable to hair damage, so if possible, try to limit the use of heat styling tools such as blow-dryers, hair straighteners and curling irons so that you don't put any extra stress on your strands.

Nourish bleached locks with a regular hair care routine and by using hair masks every week or month, depending on how much time you have and how dry your hair is.

Care for your bleached hair according to the level of damage. If your hair only has slight damage then it will feel dry or rough when touched and can be improved with regular use of hair masks and deep conditioning products. If your hair has been severely damaged by bleach then it looks rough and it may become frizzy because your hair has begun to retain moisture after washing. In the worst cases, breakage in the root area will be evident and regular. If this sounds like your hair then a visit to your hairstylist is a must to get an assessment on the damage and a plan to help get your hair back in tip-top shape.

You can avoid damage from bleach as much as possible by seeing a professional colorist whenever dyeing your hair. This will ensure quality bleaching products are used and you can get professional advice for after care tips for your hair. If you have to bleach at home then buy a quality, well known brand which lists a color hotline that you can call for advice should you need it.

If even mild shampoos are too much for your bleached locks, try diluting your shampoo with 1 part shampoo to 3 parts water so you still clean your locks, but the shampoo doesn't dry out or damage your bleached strands further. Also, remember to always rinse your hair in lukewarm water.

When your hair contains bleach, it's a must that you keep your locks protected when out in the sun with products that contains UV filters and a hat. Sunlight can make bleached hair even more brittle so ensure you cover up, especially if you'll be spending long periods of time out in the sun.

[Nilofer](#) · 3 years ago

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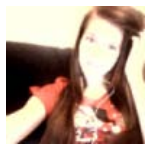


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Well the best on your hair while still not wrecking it would be 20VOL, my mum is platinum blonde and she used to use 30VOL but it was a bit strong for her hair. P.S VOL is basically percentage. The highest you can buy from a Drugstore would be about 40-50.. But definitely don't get that, you hair, will be dead.

Source(s): Past experience

♥♥♥ · 3 years ago

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peroxide comes in volumes not percentages
it depends how light you're trying to go
if its for regrowth, then get the same volume that was used to do the rest of your hair

? · 3 years ago

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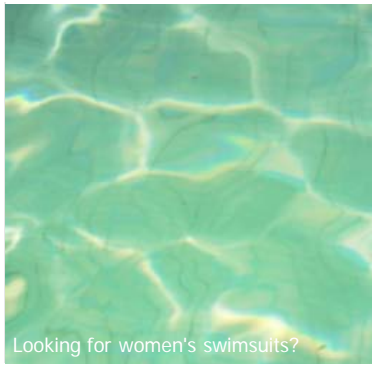
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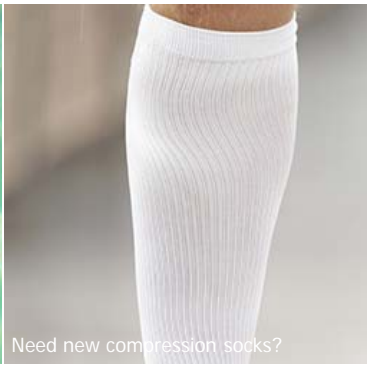
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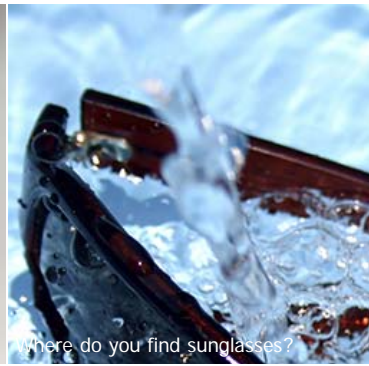
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