

Want to Bleach Your Hair With Hydrogen Peroxide? Here's How!



Using hydrogen peroxide for bleaching hair is affordable and gives good results. However, hydrogen peroxide can be damaging to your hair if not used properly. Here are steps that will help you bleach your hair safely with hydrogen peroxide, and other natural alternatives to bleach hair.

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Did you know?

Due to the chemical property of hydrogen peroxide to bleach human hair, it is also known as 'peroxide blonde'.

Everybody likes to experiment with their hair. Hair coloring is a pretty popular trend. There are many methods to get a particular hair color. One of them is hair bleaching.

The safest way to bleach your hair is at a parlor. An expert hair stylist will help you achieve the right hair color shade. However, this is not an option for everybody, because coloring hair in a salon can be expensive and time-consuming. But, if you have overprocessed or weak hair, it is advised to get any chemical-based treatment at a salon only.

In case you have healthy hair, then you can consider bleaching your hair at home with 3% hydrogen peroxide. It is important you use only 3% strength

hydrogen peroxide, because higher strength of this chemical can be harmful to your hair.

Procedure of Bleaching Hair with Hydrogen Peroxide

The things you need are -

- Hair dyeing gloves
 - Old towel
 - Clarifying shampoo
 - Deep conditioner
 - Wide-tooth comb
 - Claw clips
 - 3% hydrogen peroxide solution
 - Steel spray bottle
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Wash and Dry Hair



Use a mild clarifying shampoo and wash your hair clean. Then use a deep conditioner, and let it sit for few minutes and comb your hair with a wide-tooth comb. Wash the conditioner off with cool water. If the water is too cold, then use lukewarm water. Use a towel to soak excess water, and let the hair air dry. Comb them again with the wide-tooth comb to get rid of any tangles or knots.



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Strand Test

Now, wear the gloves and pour the solution of hydrogen peroxide in the steel spray bottle. Using a steel spray bottle is better, than using a plastic one. Steel is non-reactive to hydrogen peroxide, and helps to store the solution for longer.

Now, place a towel around your shoulder and neck. Take a strand of hair from below the crown part, and hold it away from your face, to avoid any skin contact. Tie the rest of the hair up with a clip. Spray the hydrogen peroxide solution over the strand and let it sit for 20 minutes. To pass the time, you can read a book or watch TV.



Then wash the hair strand with cool water and condition it. Wash it again and wait for the strand to air dry. Check the results. Understand that the longer you let hydrogen peroxide sit on your hair, the lighter your hair will be, and vice versa. However, avoid keeping it for more than half an hour. This way adjust the time to get the desired shade of hair color.

Bleaching Hair



This step is similar to the above one, except now instead of working on a strand you will work on your entire hair. Comb the hair again, and divide it into small sections and tie up each section with a claw clip. Wear the gloves, and towel around your neck and shoulder area. Working on small sections helps achieve a better look, than working on large sections. Untie a section and spray it with the bleaching solution and let it loose. Like this, repeat the procedure with other sections too. Let the solution sit on the hair for an appropriate time (15-30 minutes). Again rinse the hair clean with cool water, and condition them. Let them air dry and check.



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Reapplications

You can repeat bleaching your hair with hydrogen peroxide 2-3 times a week. This will help to make your hair even lighter. However, understand that reapplications can damage the hair.

Aftercare



It is important that you follow a good hair care regime after bleaching, to keep the hair healthy. Twice a week go for hot oil treatments and steam hair for 5

minutes after every hot oil treatment. Also, use a deep conditioner once in a week to maintain them. Avoid using hair straighteners or curlers, and any other chemical treatments. Use mild natural hair care products to maintain healthy tresses.

Bleaching Hair with Home Products

In case you don't want to use hydrogen peroxide to lighten hair, you can use the below methods to lighten your hair naturally.

Lemon Juice

This is a popularly used method to bleach hair at home without use of any harsh chemicals. Apply fresh lemon juice on your hair. You can dilute the juice with water if your hair is already rough or dry. Once you cover the entire length of hair, let it dry for about half an hour.



Now, go outdoors and expose your hair to sunrays for about 30 minutes. Don't expose your hair to sunlight for more than 30 minutes, and avoid keeping the lemon juice in your tresses for more than 24 hours. Rinse your hair to see the results.

Chamomile Tea

If you have blonde or light brown colored hair, chamomile tea is a great ingredient for adding highlights in them. All you need is brewing a cup of strong chamomile tea. Fill it in a spray bottle and spray it on your hair. Once you finish spraying it on your hair, expose your hair to sunrays and later rinse them properly.



Cinnamon

Take 3 tablespoons of cinnamon powder, 1 tablespoon of honey, and 3 tablespoons of olive oil in a bowl and form a paste. Wash your hair clean, and air

dry. Apply the paste to your hair and cover it with a shower cap. Let it sit for one hour, if the paste doesn't irritate your skin then keep it overnight. Wash your hair next day morning and check.



I am sure that you have already decided the best option amongst the aforementioned options for bleaching hair. No matter which method you choose, make sure you follow aftercare with good hair care products and natural hair treatments to maintain your hair.

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