

# How to Stop Hair Color from Fading When Going from Light to Dark

Making the switch from light hair to dark hair can be super exciting! But one of the biggest concerns is how to keep that beautiful dark color from fading too quickly. Here's a step-by-step guide to help you maintain your hair color:

## 1. Choose the Right Hair Dye

When you're dyeing your hair, pick high-quality hair dye that is specifically made for dark colors. Semi-permanent dyes tend to fade faster than permanent ones, so if you want your color to last, go for permanent options.

## 2. Pre-Dye Preparation

Before you dye your hair, make sure it's healthy. Treat your hair with a deep-conditioning treatment a week before dyeing. This nourishes your strands and makes them more receptive to color.

## 3. Use a Color-Depositing Shampoo

After dyeing, use a shampoo and conditioner designed for colored hair. Color-depositing shampoos can help refresh your color and keep it looking vibrant longer.

## 4. Wash Less Frequently

Try to wash your hair less often. The more you wash it, the faster the color will fade. When you do wash your hair, use cold water instead of hot, as hot water can strip color.

## 5. Limit Heat Styling

Hot tools like straighteners and curling irons can cause color to fade faster. If you can, try air-drying your hair or using heat-free styling methods.

## 6. Stay Away from Sun Exposure

Just like your skin, your hair can be affected by sun exposure. UV rays can cause your hair color to fade. Consider wearing a hat or using hair products with UV protection when you're outside.

## 7. Regular Touch-Ups

Finally, schedule regular touch-ups every 6-8 weeks to keep your color vibrant and maintain the look you want. This will help cover any new growth and refresh your overall color.

## Conclusion

By following these tips, you can help stop your dark hair color from fading too quickly. Remember to be gentle with your hair, and have fun with your new look!