

Colouring your hair and Pregnancy.



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Is it safe to colour my hair during pregnancy?

While the chemicals in hair dye are generally considered to be safe during pregnancy, it is always best to consult with your healthcare provider before using any hair colouring products. If you do decide to colour your hair but are worried I always suggest trying an ammonia free colour.

At which stage of pregnancy is it safest to colour my hair?

It is generally considered safest to colour your hair after the first trimester, as the risk of chemical exposure affecting your developing baby is lower during the later stages of pregnancy.

What type of hair dye is recommended for use during pregnancy?

Semi-permanent or temporary hair dyes are typically recommended for use during pregnancy, although many people use permanent hair dyes. If you have high lights or balayage the colour never touches the scalp and therefore wouldn't affect you or your baby in any way.

Are there any natural alternatives to chemical hair dyes that I can use during pregnancy?

Yes, you can find organic products on the market. They don't tend to work as well in my experience but there are several to choose from. It should be noted that although they are organic they still contain chemicals.

Can hair dye fumes harm my baby during pregnancy?

While the risk is considered to be minimal, it's best to minimize exposure to hair dye fumes by using well-ventilated spaces. At Gielly Green we provide air purifiers, on request, this cleans the air around you while you are having your hair colour treatment.

Should I avoid certain ingredients in hair dye while pregnant?

Ideally it is best to avoid hair dyes containing ammonia and parabens. Opt for products with more natural ingredients whenever possible.

How can I reduce the risk of skin irritation or allergies when colouring my hair during pregnancy?

Allergies can be heightened whilst pregnant due to pregnancy hormones and the weakening of your immune system. It is always recommended before having your hair coloured when pregnant to have a skin test (even if you've had your hair coloured for several years) as you could become intolerant to the hair colour. Even if an allergy is present, there are still alternatives that we can use in the salon instead of your regular hair colour brand. If your doctor/midwife agrees, you can try a mild antihistamine tablet the night before and the night of your hair colour - should you have an irritation before or have a mild inflammation on the day. At Gielly Green we use skin protecting oil that can be applied to your tints, hairline and scalp to reduce any irritation and acts as a barrier to the chemical.

How often can I safely colour my hair while pregnant?

There is no specific guideline for how often you can colour your hair while pregnant. However, it's best to minimize chemical exposure whenever possible. I always recommend to my clients to allow more time between each colour appointment than normal. This can be quite challenging during pregnancy as hair tends to grow more rapidly so if you don't have a root tint, you notice the regrowth much faster than normal. A good idea is to try a temporary root touch-up like "colour wow shadow" to help you go that extra few weeks. There are sprays, but again they contain chemicals so I would try to avoid that.

Is it better to wait until after the first trimester to colour my hair?

If you are worried it's good to wait until after the first trimester as is generally recommended if having colour directly on the scalp. The risk of chemical exposure affecting your developing baby is much lower during the later stages of pregnancy. Again, if you decide to have colour in the first trimester go for a semi permanent and Ammonia free colour.

Can I continue using bleach or highlights during pregnancy?

Using bleach or highlights during pregnancy is generally considered safe, as the chemicals don't come into direct contact with the scalp.

What precautions should I take while colouring my hair at home during pregnancy?

When colouring your hair at home during pregnancy, use gloves, work in a well-ventilated space, follow the manufacturer's instructions and consider using natural or gentler hair dye options.

Is it safer to have my hair professionally coloured at a salon while pregnant?

Having your hair professionally coloured at a salon may reduce the risk of chemical exposure and ensure proper application. However, it's important to inform the colourist that you are pregnant and discuss any concerns with your colourist beforehand.

Are there any specific hair dye brands that are recommended for use during pregnancy?

There are no specific brands I would recommend or not recommended for use during pregnancy, but it's best to choose products with ammonia-free formulations. Discuss your options with your hair colourist as there may be alternative solutions that don't need to touch your skin depending on your particular requirements.

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