

## Anti-Headache Tips and Tricks for Head Wrappers

### (from the Top, Down)

- I. Out of your Head
  - a. It's important to give thought, and possible doctor time, to figure out from which type of headache you suffer
  - b. Take time to consider if it's a good time to wrap, or if you should take a break from wrapping for a few hours while you wait for symptoms to subside
  
- II. Take It From the Top
  - a. Your Scalp
    - i. Start your day with a good therapeutic scalp massage to get blood flowing happily through your scalp. Take note that most muscles will be found near the forehead and at the back of your neck. There are no muscles on the 'crown' of the head. Nerve endings are all over the head and scalp, so be careful not to irritate any of them.
  - b. Do Your Part
    - i. Knowing the most comfortable location in which to part your hair is helpful. It may also be helpful to switch this location ever so often.
  - c. Hair's to You
    - i. Always start wrapping with dry hair.
    - ii. Should you put your hair in a ponytail or bun before you wrap, do this LOOSELY, knowing a comfortable location. It may also be helpful to switch this location ever so often.
    - iii. Always secure your ponytail or bun with a covered elastic product, never an uncovered one which causes tension and pulling. A velvet covered elastic scrunchy not only will not grab/pull your hair, but will also provide some volume in place of a shaper (or in addition to one).
    - iv. Perhaps consider leaving your hair loose under your scarves, grippy velvet headband or shaper on bad headache days. Sure, your wrap will slip more often, but there will be far less pressure on the head.
  
- III. Getting a Grip on Things
  - a. Using a Grippy, No Slip Velvet Headband
    - i. Always make sure that you are not securing a no slip headband too tightly. Believe it or not, even if these are closed loosely, your scarves will hold.
    - ii. You may want to experiment with the location of the velcro closure, should you use an adjustable no slip velvet band. Try turning it to different locations around your head circumference to avoid pressure points.
  - b. Using a Shaper
    - i. As above, should your Shaper have an adjustable velcro brand of grippy velvet, do not secure it too tightly, and experiment with the location of the closure around your head's circumference.
    - ii. Should your Shaper have a cap of grippy velvet that's made to be wider at the front/top of the head and narrower at the back of the head, don't be afraid to switch that up. Turning it around may be just the solution you need.

#### **IV. Finally – Your Scarves**

##### **a. To Knot, Or Not**

- i. To lessen pressure on headache points, try a criss-cross of your scarf ends instead of knotting them at the back of your neck. You'll still be able to secure your wraps.**
- ii. Tuck your ends in smoothly – do not bunch up your scarves and tuck them. Both tucking and knots can be achieved without creating additional pressure points.**
- iii. Choose wrap styles that provide a gentle, overall hug on the head, like a smooth turban style, that keeps the scarf in one-layer thickness.**
- iv. Always think of upwards, and towards your head “momentum,” when you're wrapping to avoid downwards pulling.**

##### **b. Thickness and Heaviness**

- i. Heavy Fabrics in your weight can cause downward pulling that you'd rather avoid. Headache sufferers are better off using lightweight scarves.**

##### **c. Breathability**

- i. Natural, breathable fiber scarves can provide much needed temperature relief, as temperature may be a headache trigger for some.**

##### **d. Costume Changes**

- i. The same way celebs do costume changes, do not be afraid to switch up your scarves or wrap styles on bad headache days, as many as you'd like.**
  - 1. Did you wrap in the mornings with ears in? Try ears out for a change in style.**
  - 2. Did you wrap in the morning beginning right at your forehead hairline? Consider pushing your wrap style back (or forward) a tiny bit.**
  - 3. Perhaps go for a pin on your wrap for embellishment instead of an (extra) headband around your head.**