

A portrait of a woman with short, wavy, light grey hair, wearing a dark turtleneck, large hoop earrings, and a ring. She is resting her chin on her hand.

THE GREY HAIR Handbook

The questions every woman asks about going grey, answered honestly
by a master stylist who has spent a career getting it right.



VICKI
OGDEN-O'FEE

MASTER STYLIST
www.vforhair.co.nz

The Top 10 Questions Every Woman Asks About Going Grey

01. Will going grey make me look older?

The answer:

Not if it's done well. Beautiful grey hair is about choosing the right shade, haircut and style to suit your skin tone and personality. The goal isn't to look older, it's to look your absolute best.

02. Why does my hair always turn yellow, brassy or orange?

The answer:

Grey hair doesn't create warmth, it reveals it. Old colour, underlying pigments and incorrect colour choices often leave hair looking yellow or orange. Understanding your natural undertones is the key to creating beautiful, clean grey.



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Beautiful grey hair isn't an accident. It's the result of the right plan, the right science, and a celebration of who you truly are.

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Victoria Jane xx





03.

Why do I leave the salon with the same problem every time?

The answer:

Because too many appointments focus on fixing today's regrowth instead of creating a long term plan. Every grey journey should begin with a consultation, not just another colour formula.

04.

Is going lighter really the best way to blend grey?

The answer:

Not always. Simply adding more blonde often creates brassiness and unnecessary damage. Sometimes the answer is blending, sometimes soft lowlights, sometimes glosses. Every head of hair is different.



05.

Can I embrace my grey without going completely grey?

The answer:

Absolutely. There isn't just one way to embrace grey. You can soften it, blend it, brighten it or create a beautiful mix of silver and colour that suits your lifestyle.

06.

Why doesn't my hair colour last like it used to?

The answer:

As we age, our hair changes. Texture, hormones and grey hair all affect how colour behaves. That's why the techniques that worked ten years ago often don't work today.

07.

How do I know what shade of grey will suit me?

The answer:

Grey isn't one colour. From soft silver to bright white and everything in between, the best result depends on your skin tone, eye colour and natural hair colour.



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Your grey hair journey shouldn't be a guess. Let's create your roadmap together.

Book your consultation at

www.vforhair.co.nz

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Victoria Jane xx

08.

How long does it take to achieve beautiful grey hair?

The answer:

Every journey is different. Some women achieve their goal in one appointment, while others need several visits. Healthy hair and beautiful results should always come before rushing the process.



09.

What products do I really need to keep my grey looking amazing?

The answer:

Less is often more. The right shampoo, moisture, heat protection and occasional toning treatments will keep your grey bright, glossy and healthy without overcomplicating your routine.

10.

Can I really feel confident with grey hair?

The answer:

Absolutely. Many women tell me they feel more confident and empowered than they have in years. Grey hair isn't about giving up. It's about embracing a look that feels authentic, modern and uniquely you.

HERE IS ONE QUESTION THAT DESERVES ITS OWN CHAPTER.
THE QUESTION I HEAR MORE THAN ANY OTHER...

Why Do I Keep Leaving the Salon With the Same Problem?

Beautiful grey hair isn't created in a single appointment. It begins with understanding your natural undertones, your lifestyle, your maintenance preferences and, most importantly, your long term goal.

Too often, women leave the salon with another colour application but no clear plan. Six weeks later they are back with the same grey regrowth, the same unwanted warmth and the same frustration.





At V For Hair, every grey journey starts with a personalised consultation. Together we create a roadmap, so every appointment has a purpose and every step moves you closer to the beautiful grey hair you've been dreaming of.

But there is another piece of the puzzle that many people don't realise.

The products and colour system used from your very first appointment are just as important as the colour itself.

One of the biggest mistakes I see is

beautiful grey transitions being undone because the wrong toner or home care products have been used. Many traditional ammonia based toners fade quickly, exposing unwanted warm pigments underneath. Clients often tell me, "It looked amazing when I left the salon, but after a few weeks it went yellow again."

The Wrong Products Can Make Hair Feel Difficult

Grey hair requires a completely different approach.

I use carefully selected professional colour systems and recommend introducing the correct silver shampoo from the very beginning of your transition. The reason is simple. As artificial colour pigments are placed into the hair, the right silver pigments help maintain a cleaner, cooler result throughout the fading process. Every product has a purpose.



Before



After



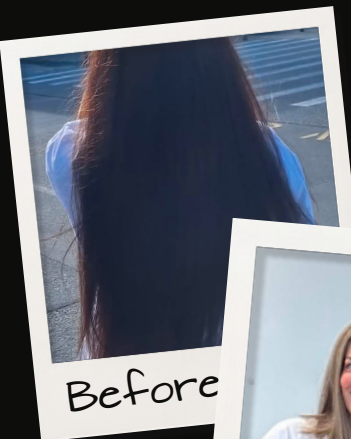
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Stop fixing today's regrowth and start planning tomorrow's look. Schedule your personalised consultation today.

www.vforhair.co.nz

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Victoria Jane xx



Before



After

Unfortunately, I regularly meet women whose beautiful results have been compromised because they have used an unsuitable toner at home or visited another salon that wasn't following the original transition plan. The colour changes, warmth returns and suddenly it feels like all the progress has disappeared.

Grey transition isn't simply about making the hair lighter.

It's understanding the science of colour, the behaviour of grey hair, how pigments fade and how to protect the investment you've already made.

That's why choosing a stylist who truly understands grey hair is one of the most important decisions you'll make. When every colour application, every toner and every product is working towards the same goal, the journey becomes simpler, healthier and far more beautiful.

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Ready for a colour strategy that actually works? Take the first step with a professional consultation.

www.vforhair.co.nz

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Victoria Jane xx





GREY HAIR

Expert Tip

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Don't judge your grey transition on the day you leave the salon. Judge it six weeks later.

The real test of a colour isn't how it looks on day one. It's how beautifully it fades. A well planned grey transition should continue to look soft, fresh and natural as the weeks go by, not become increasingly warm or brassy.

**The Grey Hair Roadmap by
Vicki Ogden-O'Fee.**

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Victoria Jane xx

Need Expert Guidance?

No matter where you live in the world, I can help.

I offer in depth virtual consultations designed to give you clarity and confidence before you begin your grey hair journey. During our consultation, we'll discuss your current hair, natural undertones, lifestyle, maintenance preferences and long term goals. I'll then create

a personalised step by step plan that you can take to your trusted hairdresser, so you know exactly what to ask for and how to achieve the beautiful grey hair you deserve.

Sometimes all you need is the right plan.



BOOK YOUR VIRTUAL CONSULTATION

BOOK YOUR IN-SALON CONSULTATION