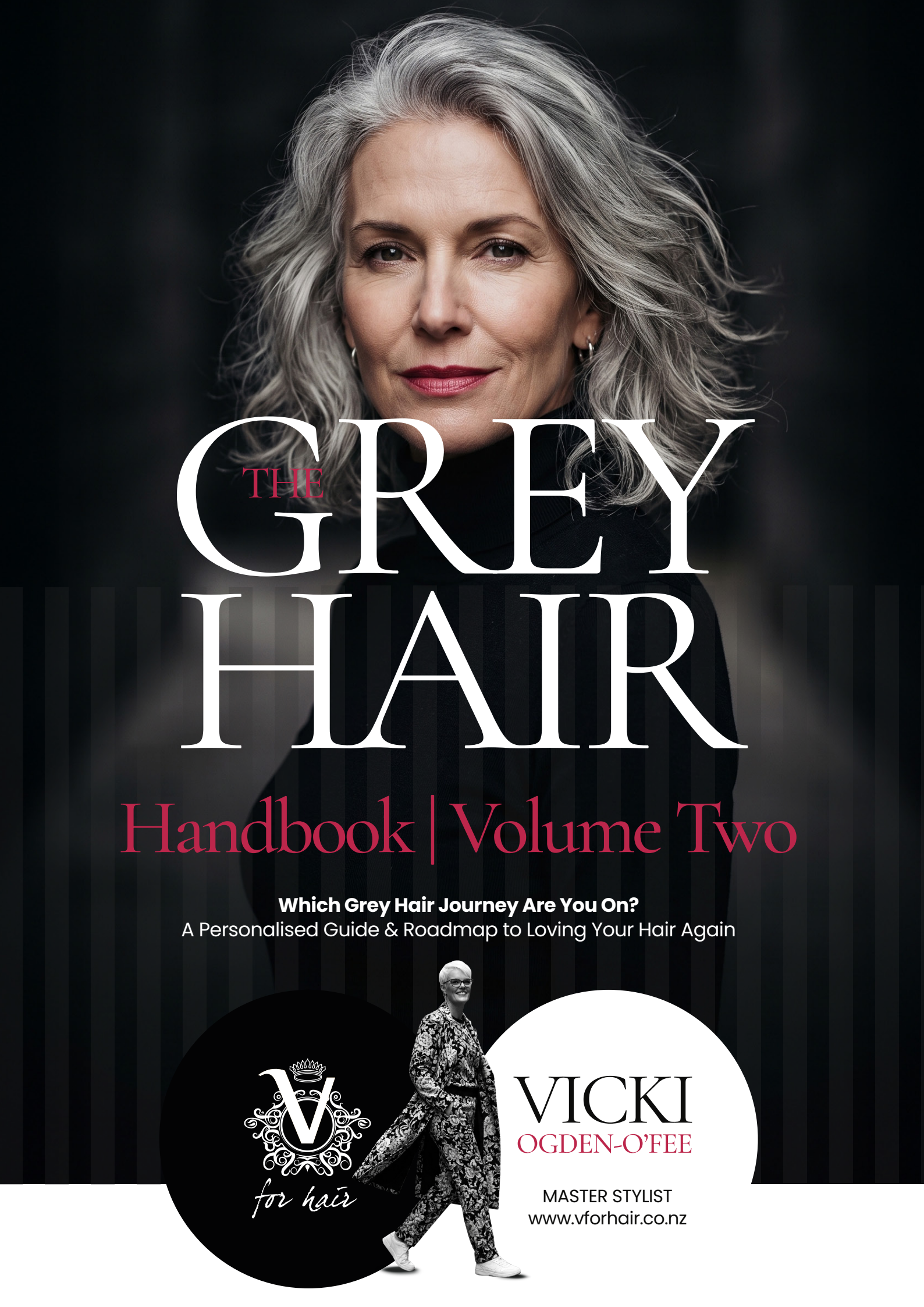




THE GREY HAIR

Handbook | Volume Two

Which Grey Hair Journey Are You On?

A Personalised Guide & Roadmap to Loving Your Hair Again



VICKI
OGDEN-O'FEE

MASTER STYLIST
www.vforhair.co.nz



WELCOME TO

Volume Two of The Grey Hair Handbook

After more than 40 years as a hairdresser, I still love what I do. I still love meeting women, listening to their stories, solving difficult colour problems and seeing that moment when someone looks in the mirror and finally feels like herself again.

Hairdressing has never just been about hair for me. I have always been an incredibly visual and creative person. I love colour, fashion, interiors, art and design, and I bring that artistic eye into the way I approach every head of hair. I don't believe colour should simply follow a formula. I look at the whole person: her skin tone, natural undertones, eyes, face shape, lifestyle, personality and, most importantly, how she wants to feel.

Over the years, grey hair transition and colour correction have become a huge part of my work. I have met so many women who feel completely stuck. They have grey coming through at the roots, years of artificial colour through the ends, unwanted gold or brassiness, endless highlights and toners, and often no clear idea of how they are ever going to get to the beautiful grey or silver hair they imagine.

Sometimes they have simply been told, "We'll keep taking you lighter."

But going lighter isn't necessarily a grey hair plan.

That frustration is one of the reasons I began talking more openly about grey hair online. Through social media, my audience has grown far beyond my salon in Christchurch, New Zealand. I now hear from women throughout New Zealand and around the world who send me photographs, ask questions and share their grey hair journeys with me.

And I love that.

I am very down to earth about hair. I don't want women to feel intimidated by hairdressing terminology or embarrassed because they don't understand what has been done to their hair. I want you to ask questions. I want you to understand your hair and feel confident discussing it with your hairdresser.

I also believe in being realistic. Not every grey transformation can happen in one appointment. Sometimes we need a strand test. Sometimes old artificial pigment needs to be carefully removed. Sometimes the condition of the hair tells us to slow down. And sometimes the best thing we can do is stop colouring and allow nature to do some of the work for us.

There is no single "perfect grey". Your perfect grey may be soft and natural, dimensional and blended, bright silver, salt and pepper, or something completely individual to you.

That is really what The Grey Hair Handbook Volume Two is about.

I want to share the knowledge I have accumulated over four decades behind the chair, along with the things I continue to learn every day. I want to help you understand colour, undertones, brassiness, blending, transitioning, haircuts, maintenance and the many choices available to you.

Most importantly, I want women to stop being frightened of grey.

Grey hair does not mean giving up. It does not automatically make you look older, and embracing it certainly doesn't mean you have stopped caring about how you look.

With the right colour, the right cut and

a plan designed around you, grey hair can be incredibly modern, sophisticated, youthful and beautiful.

So think of me as your hairdresser sitting beside you as you read this. Ask questions, challenge what you've previously been told, learn about your own hair and enjoy the process.

After 40 years, I still believe one of the greatest things about hair is that we can change it.

And sometimes that change can change far more than just our hair.

Vicki Ogden O'Fee

Master Stylist, Grey Hair Transition Specialist & Founder of V For Hair Christchurch, New Zealand



Discover your path.

Where Do We Start?

Every woman's grey hair journey is unique. Your hair history, natural colour, percentage of grey, lifestyle and long term goals all play an important role in determining the best path forward. There is no one size fits all solution, and that's exactly why so many women become confused or disappointed.

The good news is that there is a better way.

The following questions have been carefully designed to help you identify where you are on your grey hair journey today. By answering them honestly, you'll discover which of the four Grey Hair Roadmaps best suits your hair, your goals and the result you're hoping to achieve.

Whether you're trapped colouring dark regrowth every few weeks, looking for a softer grey blend, ready to embrace your natural silver or trying to correct a grey journey that hasn't gone to plan, this simple quiz will point you in the right direction.

Once you've discovered your roadmap, I'll guide you step by step through the process, explaining what to expect, the options available to you and how to achieve beautiful, healthy grey hair with confidence.



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Let's discover
your Grey Hair
Roadmap.

”

Victoria Jane xx



01. Root Colouring Frequency?

- **A** Every 2–3 wks
- **B** Every 4–6 wks
- **C** Every 8+ wks
- **D** Not for months

02. Current Hair Colour?

- **A** Dark w/
obvious grey
- **B** Medium brown
w/ brassy ends
- **C** Blonde w/ grey
- **D** Mostly grey/
silver

03. How Grey Are You?

- **A** < 25%
- **B** ~50%
- **C** > 75%
- **D** Almost
completely grey

04. Biggest Frustration?

- **A** Fast regrowth
- **B** Turns brassy/
yellow
- **C** Colour fades
- **D** Don't know
what direction to
take

05. Most Like You?

- **A** Every 2–3 wks
- **B** Every 4–6 wks
- **C** Every 8+ wks
- **D** Not for months

06. Preferred Maintenance?

- **A** Every 3–4 wks
- **B** Every 6–8 wks
- **C** Every 8–12 wks
- **D** As little as
possible

07. How Bold Are You Feeling?

- **A** Keep current
colour
- **B** Gradually
change
- **C** Full
transformation
- **D** Unsure

08. Attached to Hair Length?

- **A** Don't cut length
- **B** Trim a little
- **C** Fresh new style
- **D** Whatever works
best

09. Colour History?

- **A** Dark for years
- **B** Mostly blonde/
foils
- **C** Salon + home
mix
- **D** Hardly at all

10. Ultimate Goal?

- **A** Less obvious
regrowth
- **B** Softer blend
- **C** Beautiful silver
- **D** Love my hair
again



ROADMAP OVERVIEW & PROCESS

Your Grey Hair Roadmap

Scoring Your Quiz Results:

- ★ **Mostly A** — Roadmap One: Breaking Free from Years of Dark Hair Colour
- ★ **Mostly B** — Roadmap Two: Grey Blending for Softer, Lower Maintenance Hair
- ★ **Mostly C** — Roadmap Three: Ready to Embrace Your Natural Grey
- ★ **Mostly D** — Roadmap Four: Grey Rescue (Correcting Brassy, Patchy, or Uneven Tones)

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Step process at a glance

01. CONSULTATION
02. UNDERTONE ANALYSIS
03. STRAND TEST
04. PERSONALISED PLAN
05. CORRECT COLOUR SYSTEM
06. HOME CARE
07. BEAUTIFUL GREY

Roadmap One (Part 1)

Breaking Free from Dark Colour

“ I’m trapped
colouring my roots
every few weeks ”

If you’ve been colouring your hair dark for years and regrowth shows in weeks, you’re not alone. Years of permanent colour create layers of artificial pigment that can’t simply be erased in one visit. We create a safe, healthy transition plan.

Phase 1: Assessment & Strategy

- **Step 1. Your Consultation**
We discuss your colour history, lifestyle, ideal hair length, and what you want your hair to look like in 6 to 12 months.
- **Step 2. Discover Your Natural Undertone**
Determining if your skin is warm, cool, or neutral ensures chosen shades complement your complexion effortlessly.
- **Step 3. Strand Testing**
Removes guesswork by revealing artificial build-up and testing how your hair safely responds to lightening.

“

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

www.vforhair.co.nz

”

Victoria Jane xx



Roadmap One (Part 2)

Phase 2: Execution & Care

- **Step 4. Create Your Personalised Roadmap**
Map out every visit so each appointment has a clear purpose toward your ultimate goal.
- **Step 5. Protect Your Investment**
Using ammonia-free toners and specialized home care maintains cool tones and prevents unwanted brassiness.
- **Step 6. Enjoy the Journey**
Experience softer regrowth, healthier condition, and a colour that feels genuinely like you.



VICKI'S EXPERT TIP

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Don't choose your hairdresser based on today's colour. Choose the stylist who can explain where your hair will be in six months' time. The best grey transitions are created with a clear roadmap from day one.

”

Victoria Jane xx



Roadmap Two (Part 1)

Grey Blending

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I still want some colour,
but I don't want harsh
regrowth.

”

Grey blending works with your natural grey rather than covering every strand, creating a soft, multi-dimensional look that grows out seamlessly with lower maintenance.

Phase I: Personalised Design

- **Step 1. Let's Discover Your End Goal**
We define your 12-month vision: keeping depth, creating soft silver accents, or preparing for full natural silver.
- **Step 2. Understand Your Natural Undertone**
Selecting custom shades of blonde, ash, or lowlights that enhance your skin tone rather than competing with it.
- **Step 3. Design Your Blend**
Combining fine highlights, soft lowlights, face-framing brightness, and colour melting tailored specifically to you.



Roadmap Two (Part 2)

Phase 2: Maintenance & Evolution

- **Step 4. Create a Colour That Grows Out Beautifully**
Designed to look stunning not just on salon day, but 6, 8, or 12 weeks down the line.
- **Step 5. Protect Your Colour**
Targeted home care and silver shampoos keep warmth at bay and maintain salon-fresh vibrancy.
- **Step 6. Evolve Your Colour Over Time**
Adapt your blend gradually as your confidence and natural grey percentage grow.

The Results:

- ✓ **Softer regrowth & fewer touch-ups**
- ✓ **Natural dimension**
- ✓ **Healthier hair**



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The most beautiful
grey blends
don't announce
themselves. They
simply make people
say, *Your hair looks
amazing.*

”

Victoria Jane xx





Roadmap Three (Part 1)

Embracing Natural Grey

“ I’m ready to stop colouring and love my silver hair. ”

Embracing natural silver is exciting. Beautiful grey hair doesn’t happen by accident—it takes a tailored cut, targeted hydration, and the right products to look radiant.

Phase I: Transition & Shape

- **Step 1. Discover Your Natural Grey**
We analyze your pattern—bright silver, salt & pepper, or white—and design a plan around it.
- **Step 2. Create Your Transition Plan**
From soft demarcation blending to strategic cuts, we choose an approach matching your confidence level.
- **Step 3. Find the Right Haircut**
A precision haircut (bob, pixie, or textured layers) suits grey hair’s unique texture and movement.

Roadmap Three (Part 2)

Phase 2: Protection & Polish

- **Step 4. Protect the Beauty of Your Grey**
Specialized care prevents silver hair from dulling, drying out, or turning yellow.
- **Step 5. Keep Your Grey Looking Fresh**
Maintain brightness through routine glossing, hydration treatments, and precision trims.
- **Step 6. Love Your Natural Beauty**
Enjoy total freedom from root touch-ups with a signature silver style that reflects who you are.

The Results:

- ✓ **Vibrant silver hair**
- ✓ **Zero root chasing**
- ✓ **Authentic, effortless beauty**



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Grey hair isn't the end of your hair journey. For many women, it's the beginning of their most confident chapter yet.

”

Victoria Jane xx



Roadmap Four (Part 1)

Grey Rescue

“ My hair is brassy, patchy or uneven, and I don't know what to do next. ”

If past colour attempts left you disappointed, don't worry. Most challenges—from yellow tones to harsh bands—can be corrected with patience, science, and a clear plan.

Phase I: Diagnosis & Health

- **Step 1. Press Pause**
We step back, evaluate your hair history, and figure out why previous attempts went off track.
- **Step 2. Diagnose the Problem**
Assessing porosity, undertones, warmth, build-up, and damage to find the root cause.
- **Step 3. Strand Test & Health Check**
Testing hair strength first ensures we prioritize structural integrity before applying new colour.

“

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Victoria Jane xx



Roadmap Four (Part 2) & Common Fixes

Phase 2: Correction & Confidence

- **Step 4. Create Your Correction Plan:**
Step-by-step removal of warmth and restoration of depth.
- **Step 5. Protect Every Appointment:**
Consistency with one system prevents undoing progress.
- **Step 6. Restore Your Confidence:**
Steady, healthier progress toward a clean, beautiful grey.

The Results:

- ✗ Orange/brassy ends with grey roots
- ✗ Yellowing blonde instead of silver
- ✗ Dark bands & patchy home-colour build-up



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No matter where
your grey hair
journey has taken
you, it's never too
late to create a new
roadmap.

”

Victoria Jane xx



Start Your Journey Today

Ready to take the first step toward loving your hair again?

Book your Personalised Grey Hair Transition Consultation today.



BOOK YOUR VIRTUAL CONSULTATION

BOOK YOUR IN-SALON CONSULTATION