Leah NAKATA hair

# The Dream Hair Consultation Guide





**Thoughtful questions.**
**Confident decisions.**
**Hair you can feel good about.**

By Leah Nakata Hair

www.leahnakatahair.com



# welcome

If you're reading this, it means you care about your hair — not just how it looks today, but how it feels months and years from now.

That already tells me a lot about you.

This guide was created to help you walk into any hair consultation feeling prepared, confident, and supported — even if you're unsure where to start.

There's no pressure here.

No sales tactics.

Just clarity.

Because great hair doesn't come from rushing or guessing — it comes from understanding your options and choosing what truly fits you.

*Leah Nakata*

# How To Use This Guide



You don’t need to ask every question listed.
You don’t need to have all the answers yet.
Use this guide as:

- A reference before booking a consultation
- A confidence boost if you’ve felt unsure in the past
- A way to understand what a thoughtful hair plan looks like

Bring it with you. Screenshot it. Highlight what resonates.
A good stylist will welcome informed questions.
A great one will appreciate them.

*“Good hair doesn't come by accident, it comes with a plan. After all, this is the crown you never take off.”*

# Start With You

Before discussing methods or pricing, it's important to understand your lifestyle. Ask yourself — and your stylist — these questions:

- How much time can I realistically commit to maintenance?
- Do I prefer low-maintenance or high-touch beauty routines?
- Am I looking for a short-term change or a long-term hair plan?
- How often do I want to be in the salon each year?
- What does "dream hair" actually mean to me?

Your answers help shape everything that comes next.



# Protecting Your Natural Hair

Extensions and transformations should never come at the cost of your scalp or hair health.

Important questions to ask:

- Which methods work best for my hair density and texture?
- How is tension managed to protect my scalp?
- How will my natural hair be supported between appointments?
- What happens if my hair changes over time?
- How do you customize installs instead of using a one-size-fits-all approach?

Healthy hair should always be part of the plan.



# Understanding The Full Picture

Dream hair is a relationship — not a one-time appointment.
Ask about:

- How often maintenance appointments are needed
- What at-home care looks like
- How long extensions typically last
- What happens if I need adjustments
- What my realistic yearly investment will be

Clarity upfront creates confidence later.



# Investment Without Pressure

A consultation should feel informative — not uncomfortable.
It's okay to ask:

- What is included in the initial service?
- What is considered maintenance vs replacement?
- Are there policies I should understand before committing?
- What factors could affect cost over time?

A stylist who values your trust will welcome these questions.



# SignsTo Pause & Reconsider

Not every consultation is created equal.
Be mindful if you experience:

- Rushed conversations or pressure to decide immediately
- One method offered to every client
- Little discussion about maintenance or long-term care
- Dismissal of your concerns or questions
- Focus on trends over hair health

Your hair deserves patience and intention.



# The Right Fit Feels Calm

A great consultation often feels:

- Collaborative, not sales-driven
- Educational, not overwhelming
- Personalized to you
- Grounded in honesty and transparency

You should leave feeling informed — not rushed.



# From Me To You

Whether you choose to work with me or another stylist, my hope is that this guide helps you feel confident advocating for your hair.

The Dream Hair experience is built on:

- Thoughtful planning
- Custom solutions
- Long-term results
- Respect for your time and investment

If this approach resonates with you, I'd love to connect.

If not, take this knowledge with you — it's yours.

If you're looking for a calm, customized, and intentional approach to hair — you're in the right place.

Learn more about the Dream Hair experience or request a consultation at:

**www.leahnakatahair.com**

*Leah*

