

TOYA KNOWLES • THE SHORT HAIR & GREY HAIR GURU (DIGITAL EDITION)

The Silver Crown & Short Pixie Digital Care Blueprint

30+ Years Behind the Salon Chair: The 5 Golden Rules for Bright Silver Strands, Zero-Flake Molding, Precision Short Cuts, and Unshakable Confidence

“When I stopped hiding my silver strands and embraced my natural grey pixie cut, I didn’t just free my hair—I freed my soul. Remember: it is ALWAYS bigger than hair!” — Toya Knowles

Welcome From Toya’s Chair at The Love Lounge

For more than three decades behind the chair—from my first salon in Chicagoland to The Love Lounge at 4305 S Bowen Rd, Suite 131 in Arlington, Texas—I have helped thousands of women rock short, sassy pixie cuts and transition gracefully into their natural silver and grey crowns.

Over 388,000 women have watched my short-hair and grey-hair tutorials on YouTube because we all want the same truth: how do you keep a short cut or relaxed/natural grey hair looking bright, silky, touchable, and modern every single day between salon visits? This digital guide puts my top 30 years of salon secrets right on your phone, tablet, or computer.

Golden Rule 01: Banish Yellow & Brassiness Forever

Why Relaxed & Heat-Styled Silver Hair Turns Yellow—And How to Fix It Fast

- Mineral build-up from shower water, heat from flat irons or Marcel irons, product residue, and relaxer processing can leave grey hair looking dull or yellowish.
- Never use heavy yellow/amber oils (like dark castor oil or heavy pomades) on silver hair—when heat hits those oils, it bakes a yellow tint directly into porous grey cuticles.
- Toya’s #1 Salon Remedy: Use a targeted Yellow-Out Violet/Silver Toning Conditioner every 7 to 10 days. Leave it on damp hair for 3–5 minutes after shampooing to neutralize every trace of brassiness while restoring feather-light moisture.
- Always use a crystal-clear thermal heat protectant and keep your flat iron between 340°F and 365°F on silver strands.

Mirror Declaration: “My silver is not a flaw—it is a crown of wisdom I earned, and I wear it bright and unapologetically.”

Golden Rule 02: The Zero-Flake Foam Wrap & Silk Mold Routine

How to Lay Your Short Cut Down Without White Flakes or Stiff Helmet Hair

- Heavy gels and alcohol-heavy spritzes weigh down fine short hair, flake on dark collars, and strip the shine right out of grey hair.
- Use Casablanca Light Molding Foam (or an ultra-lightweight botanical setting mousse) on clean, towel-blotted hair.
- Comb the hair in the exact direction you want your style to flow using a fine-tooth tail comb—keep the nape pressed flat against the neckline and create a soft C-shape bevel around the temples and ears.
- Tie down with a breathable mesh wrap strip and sit under a hooded dryer on medium heat until 100% dry before lifting a single curl.

Mirror Declaration: “I handle my crown with gentleness, patience, and excellence.”

Golden Rule 03: One Precision Cut, Three Signature Finishes

How to Get 3 Completely Different Looks Out of 1 Tailored Foundation Cut

- Look 1 (Week 1 — Sleek Feathered Pixie): After unwrapping your dry mold, use a 1/2-inch ceramic pencil iron or mini Marcel iron to bump the crown for lift while keeping the sides and nape feathered tight.
- Look 2 (Week 2 — Signature Marcel Spiral Curls): Part cleanly in small diagonal sections and alternate curl directions in the crown so the curls interlock with body instead of splitting apart.
- Look 3 (Transition Weeks — Alternating Directional Rod-Set): When your new growth starts coming in at Week 3 or 4, an alternating perm-rod or pin-curl set blends texture seamlessly without over-heating your ends.

Mirror Declaration: “I am versatile, radiant, and free to evolve in every season.”

Golden Rule 04: Nighttime Satin Preservation & Scalp Hydration

The 2-Minute Bedtime Ritual That Keeps Your Pixie Fresh for 14 Days

- Cotton pillowcases act like sandpaper on short tapered napes and delicate edges. Always tie your sides and nape down with a satin wrap strip AND sleep on a satin pillowcase.
- If you have crown curls or pin-curls, secure just the top with a loose satin bonnet so you never flatten your crown volume overnight.
- In the morning, remove your satin strip, wait 3 minutes for your hair to settle, and use ONLY a wide-tooth comb or your fingertips with 1 drop of clear lightweight serum to fluff.

Mirror Declaration: "I protect my rest and my crown so I wake up ready to shine."

Golden Rule 05: The 14-Day Trim & Inside-Out Crown Nutrition

Why Your Hair Follicles Are Fed by Your Bloodstream and Your Peace

- A precision short cut loses its sharp ear-and-nape silhouette after 2 to 3 weeks. Schedule a nape cleanup and deep moisture steam treatment every 2–3 weeks, and a full cut every 4–6 weeks.
- Your hair follicles are fed from the inside out: load your plate with beta-carotene (roasted sweet potatoes), iron (black beans & dark leafy greens), zinc (pumpkin seeds), and plenty of water.
- Protect your stress levels: high cortisol thins your edges faster than any styling tool. Take your 15-minute walk after dinner and speak life over yourself in the mirror daily.

Mirror Declaration: "I nourish my temple from the inside out, and my crown reflects my inner peace."

Continue Your Journey With Toya Knowles

Explore all of Toya's digital guides, salon transformations, and her 96-page book *It's All About Love*:

- 1. Free Digital Resources (Instant Access at ToyaKnowles.com): Download the 96-Page Digital Edition of *It's All About Love*, the 7-Day Love Posse Digital Starter Guide, and Toya's Digital Plant-Based Soul Food Recipe Books.
- 2. Signed Physical Paperback Book (\$24): Prefer to hold a real book in your hands and write in the margins? Order a hand-signed paperback copy of *It's All About Love* shipped directly to your door.
- 3. Book Your Salon Chair Experience (Suite 131, Arlington, TX): Schedule your Embrace Your Grey VIP Transformation, Signature Short Pixie Cut, or Big Chop Consultation at The Love Lounge.
- 4. The 9-Week 'It's All About Love' Guided Digital Circle & Short Hair Guru Stylist Mentorship: Join Toya online for weekly accountability or 1-on-1 stylist coaching.

Book Your Chair or Order Your Signed Book Today: Visit <https://www.toyaknowles.com/love-lounge.html> or call/text 773-330-1876 • The Love Lounge, 4305 S Bowen Rd, Suite 131, Arlington, TX 76016.