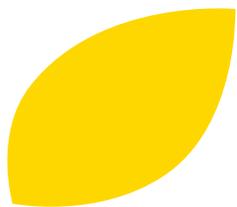




## How to style a head scarf

For people affected by  
cancer related hair loss



Some people choose to wear a wig, hat, scarf, turban or beanie after losing their hair, others prefer not to wear anything on their head. The important thing is to do whatever makes you feel comfortable and gives you the most confidence.

Scarves can be purchased in any accessories section at your local shopping centre, or can be made of your favourite fabrics and patterns. If you are making your own, you will need at least 50 cm x 20cm material for a rectangle style, or 50cm x 50cm material for a square style to cover the scalp.

Cotton, lightweight wools or blends are the best fabrics to use, nylon or silk tend to slip off the head. We recommend using a cotton cap under the scarf and having a small supply of pins to help keep your scarf in place. Dress maker pins, nappy pins and safety pins are recommended.

**Scarves can be tied in lots of different ways. Here are our top two styles:**

## Rectangle 'Wrap and Run' Scarf Style

Pick your favourite scarf or fabric in the shape of a rectangle (we recommend 50cm x 20cm).



Fold the top of one of the longer sides of the scarf over once to create a nice, smooth line.



Place the folded edge just below the hair line, you may like to show off the cotton cap underneath for two-tone coloured style.



Pull the two long ends of the fabric back so that the scarf fits firmly across your head and place a pin at the back securing the ends together, or tie the ends in a knot if you prefer not to use a pin.



Cross the two long ends over at the back and bring them in front of your shoulders.



To create volume on the top of your head, gently pull the fabric from the back to make small folds, working front to back to create two or three fake folds.



Take one of the two lengths from the front of the shoulder.



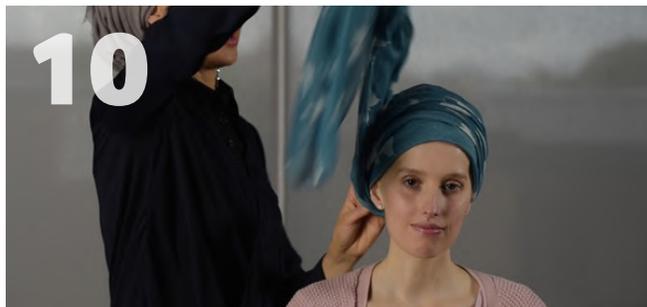
Bring the end over the head to the other side by loosely twisting and wrapping.



Continue wrapping around the head and tuck the small end into the back of the scarf; you can also use a pin if you like.



Repeat with the other end, wrapping it over the head and around again.



Create the desired texture and folds in the scarf as you wrap it around to create extra volume.



Tuck the end in, under the wrapped scarf; again you can use a pin to keep in place.



Looking great!



## Square 'Chic Top Knot' Scarf Style

Pick your favourite scarf or fabric in the shape of a square (we recommend 50cm x 50cm).



Fold the fabric in half to make a triangle shape.



Tilt your head down and place end C hanging over the top of your head and face, leaving the two ends (A and B) out either side.



Bring ends A and B together under C and tie a knot. Keep end C out of the knot and sitting on top.



Bring the head up and you will have three ends to the fabric; A and B which are knotted in front and C to the back.



Using A and B, tie two or three more knots in a messy fashion to create height, do this towards one side of the head.



Continue to knot until you can tuck the fabric ends into the side of the headscarf against your head.



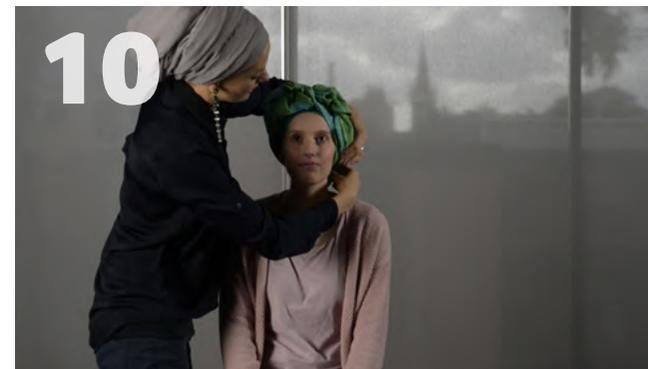
Take end C which is sitting at the back.



Bring this over the top and to the opposite side of your head.



Twist and tuck this end into the side of headscarf sitting firmly against your head.



Perfect!



To watch these tutorials online visit [www.cancervic.org.au/get-support/wig-service](http://www.cancervic.org.au/get-support/wig-service) where you will find helpful tips and tricks to wearing a head scarf and fitting a wig.

These videos and resources were created by Cancer Council Victoria with the help of Dr Susan Carland and Kaitlyn O'Kane.

**For more information and support call 13 11 20 to talk to an experienced cancer nurse.**