

■ ■ FOCUS ON PEOPLE  
■ ■ INFORMATION FOR PATIENTS AND RELATIVES



## HEAD-ON

*Tips and tricks  
for tying knock-out scarves!*





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# A WIG IS NOT THE ONLY OPTION

Chemotherapy? Hair loss? Get a wig! This often seems like the only option for hiding temporary hair loss. And although there are many high-quality, modern and well-fitting wigs around nowadays, lots of women want to take a different path. They prefer to forget the wig and choose brightly-coloured scarves, hats and beanies or even go "topless".

It may not always be obvious, but there are endless possible options. The brochure "Gut betucht" (Looking classy in a scarf) tries to provide a brightly-coloured, creative and hopefully inspiring insight into the world of alternative head coverings.

With helpful hints and tips and some really specific instructions, we aim to show you how you can look classy in a scarf. We have a bag of tricks for you with information on which materials suit which situations and what options you have when it comes to creating a base for the scarf that will give you an elegant head shape and much, much more.

*In times of difficulty and doubt,  
remember that your hair will  
grow back and the hairless  
phase is only temporary.*

Then we use simple illustrations to take you, step by step, through trying out different scarf-tying techniques.

During this transition phase, you should experiment a lot and try out the different techniques you'll find on → page 8 onwards. You'll quickly discover what colours suit you best and which accessories you can use.

**Have fun trying out the styles!**



# ALL ABOUT SCARVES

## FABRIC

- Cotton scarves are less slippery than those made of polyester, viscose or silk.
- Cotton keeps the bare head warm – especially at night.
- Cotton and silk allow your scalp to breathe.
- In styles where your ears are covered, using lighter fabrics will lessen the effect on your hearing.
- Colourful scarves or scarves with sequins or a fringe appear fresh and lively.
- Scarves made of crushed silk give more volume.

## SIZES

- For the basic model, the scarf should be at least 75 x 75 cm, for all other models, 100 x 100 cm or larger.
- Scarves should be around 40 cm wide and between 140 and 180 cm long.



## UNDER THE SCARF

- Wear a thin terry towelling cap under the scarf to give a fuller head shape. Another good “filler” is a tube (hat and neck scarf in one) available from sports shops.
- The terry towelling cap and the tube also prevent the scarf from slipping. A crocheted cap also prevents this.
- To give you an attractive and natural skull shape, try using a foam shoulder pad under the cap or tube.
- You can achieve more fullness on the front of your head by rolling the part of the scarf that sits on the forehead around a foam rubber roll (approx. 25 cm long) before tying up the scarf.

## LOOK

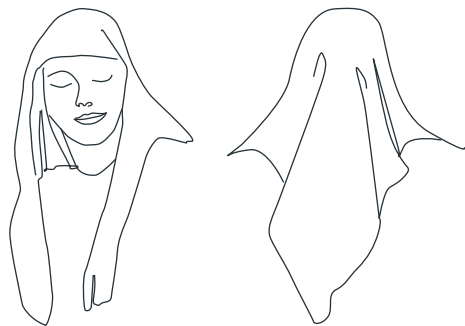
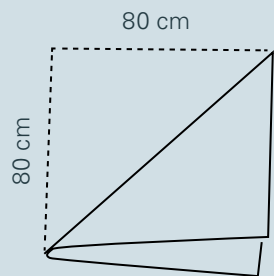
- Give your own creativity free reign, make variations to the methods when you have had more practice.
- Choose the colour of your scarf to match your clothing or other accessories such as handbag, shoes or lipstick.
- Use different accessories, such as ribbons, hair decorations, flowers, brooches, earrings.
- For a more subtle look select colours which resemble your natural hair colour.



→ GUIDE TO

# METHOD 1

*Fold scarf into a triangle*



**1** Place the long side on your forehead with a double fold if you want. Let the long sides of the scarf fall forwards

**2** The tip of the triangle hangs down at the nape (back) of your neck



**3** Tie the two front ends over the third one at the back of your head



**4** All three ends of the scarf are now hanging at the back of your head



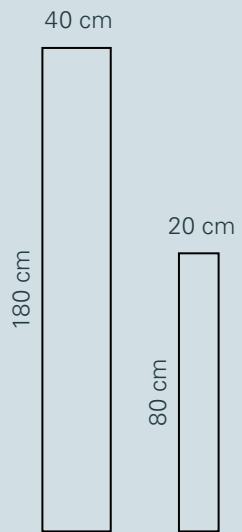
**5** Fluff out and shape the scarf over the knot to give a good shape



→ GUIDE TO

## METHOD 2

*Use the full length of scarves*



- 1** Place a long scarf on the middle of your forehead



- 2** Knot the ends at the nape of your neck



- 3** Place a short scarf on the nape of your neck and bring the ends past your ears over your forehead before tucking the ends in



- 4** Slide one end of the long scarf diagonally over your head from the back



- 5** Do the same with the other end and cross the ends on the top of your head



- 6** Tie at the back of the head

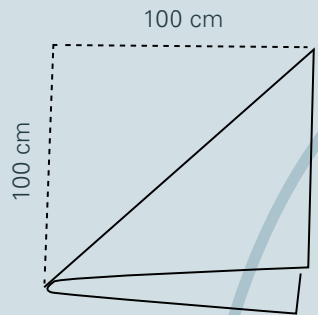




→ GUIDE TO

# METHOD 3

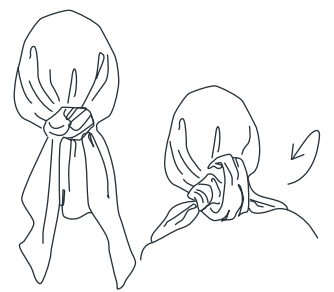
*Fold the scarf together to form a triangle*



**1** Place the long side on your forehead. Let the long sides of the scarf fall forwards



**2** Then tie the long sides at the back of your head



**3** All three ends of the scarf are now hanging at the back of your head. To create volume, insert the tips of the triangle towards the knot at the back of your head



**4** Twist the first end of the scarf around the knot and push the end in



**5** Twist the other end of the scarf the other way round the knot and push the end in



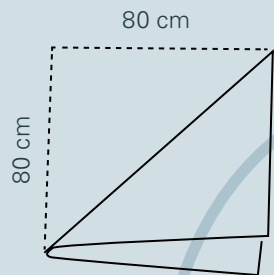
**6** Pull the scarf out a little above the knot to shape the back of the head. If you want, put on a second scarf and pin it with a brooch



→ GUIDE TO

# METHOD 4

*Fold the scarf together to form a triangle*



**1** Place the scarf in the middle of your forehead



**2** Drape the ends towards the back



**3** Tie both ends



**4** Slide the knot to the side and tie more knots or loops







IMPRINT

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PUBLISHED BY  
KLARIGO –

Verlag für Patientenkommunikation oHG  
Bergstraße 106a | D-64319 Pfungstadt |  
[www.klarigo.eu](http://www.klarigo.eu)

## Concept & Text

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This brochure was supported by Roche Pharma (Schweiz) AG, Basel



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INFORMATION FOR PATIENTS AND RELATIVES

Living with a disease is a challenge and raises a number of questions. FOCUS ON PEOPLE wants to answer these questions and provide information for patients and relatives. We don't just focus on the disease, we focus on the most important thing: people: <https://roche-fokus-mensch.ch/>



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