

General Hair Care Tips

- Cleanliness is the key to keeping your hair healthy. Make sure that you wash your hair at least twice a week so that you remove the dirt and excess oil.
- Never wash your hair with very hot or very cold water. Instead, use lukewarm water.



- Use a mild shampoo to wash your hair. Use very little but enough. Use a conditioner after shampooing to keep your hair soft and manageable.



- Avoid brushing wet hair. This will cause the hair to stretch and finally break.
- Use a wide-toothed comb to gently remove hair knots, if there are any.



- If you are using a hair dryer, make sure to always hold it away from your hair. Direct the air on the hair shaft and not directly onto the roots as it might harm the roots, and keep it moving.



- As the sun's rays are very strong and harmful to the hair, avoid going out in the sun without using a hat or scarf.



- Avoid chlorine damage by rinsing your hair before entering the pool. If your hair is already saturated with water, it won't absorb as much from the chemical-laden pool.



- Have a healthy balanced diet. What you eat and drink greatly affects your hair.



- Water makes up one-fourth of the weight of a strand of hair! So make sure that you drink 8-10 glasses of water every day.



- Trim your hair once in 6-7 weeks to avoid split ends.
- Relaxation is very important. Hair loss can happen because of stress factors



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