

TIPS

Bid farewell to split ends

WE have all experienced splitting hair at one point or the other. Daily wear and tear takes its toll on our delicate manes. Because of different styling products, our hair is even more vulnerable than before to split ends. Hair damage is inevitable. A survey conducted by a reputed hair-care brand reveals that 91 per cent of women damage their hair every day by simple activities, such as brushing wet hair!

A misconception is that dry hair results in split ends. This could not be further from the truth as people with straight hair have also suffered from the curse of split ends. It's all about the hair cuticle. Although the beauty industry will have us believe otherwise, the reality is that there are no permanent fixes once you get split ends. There are temporary solutions, which cover the damage. Therefore, prevention is better than cure.

Load up on protein-based hair treatments and products. They help to seal the cuticle. Leave-in conditioners are excellent means of repairing damage. Before applying heat to your hair, always use serums to create a barrier that locks natural moisture of the hair and prevents your locks from damage caused by heat.

Reduce blow-drying. Allow your hair to dry naturally. If you must blow-dry, allow your wet hair to dry to some extent using your fingers only before

applying heat. The air from the blow-dryer must always be directed from the roots to the end, and not in the reverse direction, in order to seal the hair cuticles.

Your hair cuticles open up and are the most sensitive to breakage and damage when your hair is wet. Therefore, choose wide-toothed combs instead of boar-bristled brushes when detangling your wet hair.

Lastly, trim your hair regularly. If you do it yourself, use hair shears instead of paper scissors, that fray ends and lead to even more split ends in the future. Once you have split ends, you can mask them and aim to hide and repair them. Alternatively, you can remove them completely through a hair-cut. Experts suggest a hair-cut every six or ten weeks. That will permanently take care of split ends.

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