

# Add volume to YOUR HAIR



Nobody likes flat, thin hair. Fortunately, adding more volume to your hair is quite a simple job, if you follow some simple tricks.

First of all, give up the practice of flooding your hair with numerous 'heavy' hair care products and services as they might be too heavy and weigh down your hair, hence making it look flat. If more volume is what you seek, you should instead go with the age-old mantra 'less is more' and apply only light weight formulas for your hair.

On the other hand, many women find it convenient to have a small amount of highlights to create an impression of thicker looking hair, making your hair seem more voluminous.

You can give your hair a 'beachy' look by scrunching it and letting it air dry. Then, pour a cup of water and three teaspoons of sea salt in a spray bottle. Apply the solution and see the change; the tousled look can do wonders.

And speaking of hair sprays, here's another simple trick. Do not apply hairspray from the top. Turn your head upside down and spray your locks with it; wait for sometime and then style your hair the way you do normally. This should work well in adding volume.

Finally, an intelligent haircut can take you a long way. Go to a good salon where they can provide you with some suggestions about what haircut you could opt for and what kind of hair styles would go with you that would seem that your hair has more volume.

— LS Desk

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