

Hair care made simple

Rapunzel-length locks are probably part of every lady's dream, no matter how hard achieving them can be. Most people get terribly upset when they notice their hair thinning out or getting damaged. However, there is some good news for them, as fragile, thinning or damaged hair is easily fixable with a few timely steps.

KEEP TRIMMING THE TRESSES

It may seem counterintuitive, but it is actually true! If you keep getting regular trims, the hair would actually grow longer. One might question the logic behind it, and the simple answer is that 'trimming' helps get rid of split ends that break hair in the first place. Eliminating the damaged part will result in hair that is shinier, smoother and looks fuller and longer.

BRUSH YOUR HAIR FREQUENTLY

When you come back home super-tired and late, the more rewarding option may look like going to bed directly without brushing your hair, but instead, if you do spare some time to use a bristle brush to comb the hair, the natural scalp oils would get a chance to be evenly distributed, adding blood circulation in the scalp as well. This ritual of brushing hair is very healthy for new growth besides also getting tangles and dirt off.

WASH HAIR REGULARLY WITH A GOOD QUALITY SHAMPOO

Contrary to popular belief shampoo does not harm hair, but the pollution in the air may cause significant harm if not washed off properly. Shampooing is suggested at least every alternate day to remove the grease and grime off the hair. Use a high quality conditioner after shampooing to keep hair soft and shiny.

THE INSIDES MATTER THE MOST

Having longer, healthier and shinier hair depends much upon what we put inside our body. We must learn to feed the hair from the insides, in addition to putting external hair care products. Since hair is made up of protein we must increase our intake of protein with foods like meat, fish, beans, nuts and whole grains.

LESS ABUSE MEANS LONGER HAIR

We must learn to avoid over-styling. Hair dryers must be put on at the lowest temperature mode before any sort of styling. We should also use a heat protectant if possible. Since too much heat causes hair to break and become frizzy.

FINISHING OFF WITH A COOL RINSE

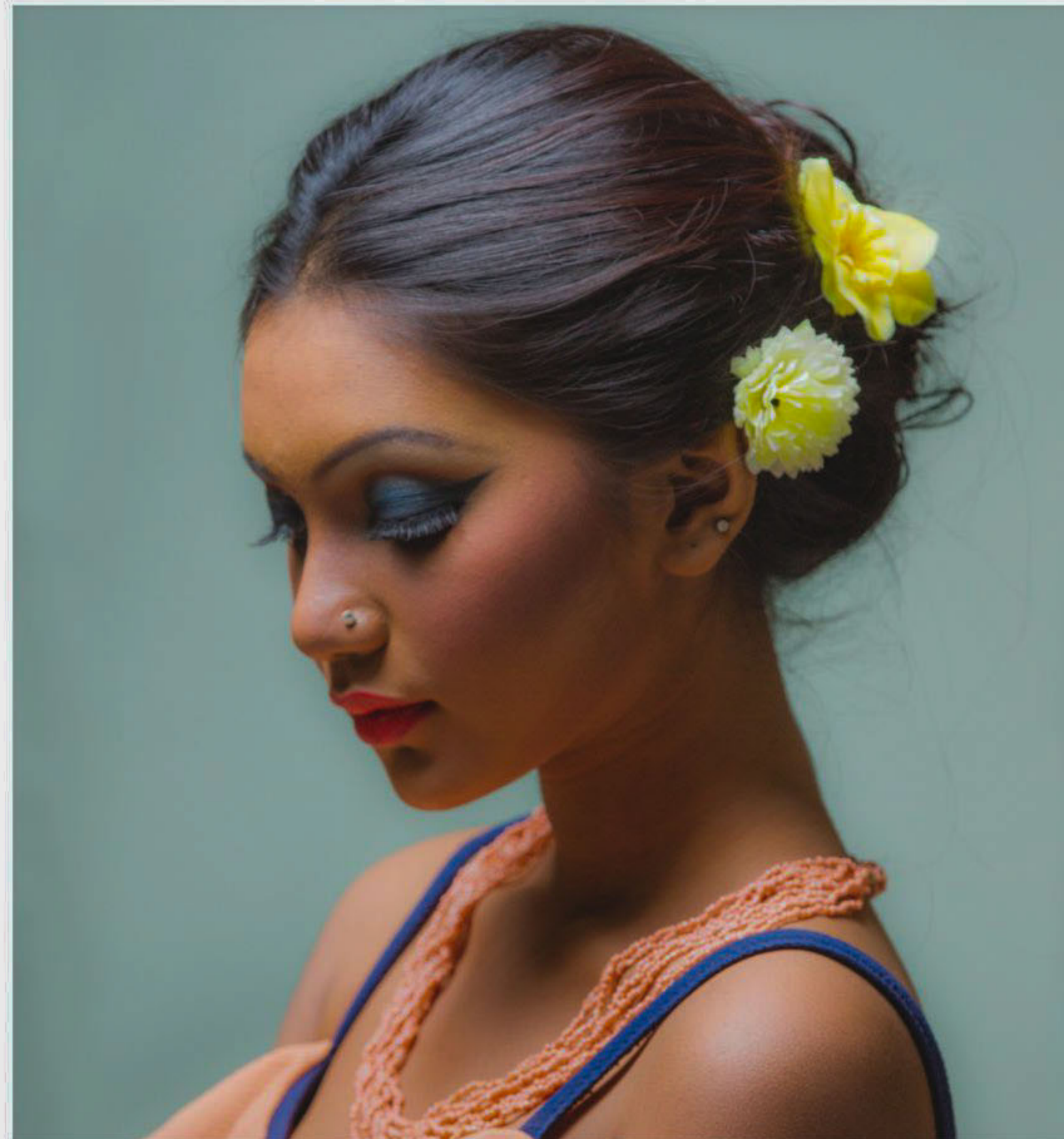
A hot shower may be extremely tempting, but it is also very rough on the hair. So, after every hot shower we must make a final rinse with cool water to help seal the cuticles and strengthen the locks before finally styling it after drying off.

THE SECRET SILKY PILLOWCASE

Here is a trick that most celebrities use: sleeping on silk. The material is super soft and much easier on hair. Silk helps to avoid breakage and tangles in the hair. The less distress hair experiences, the longer and shinier it will look.

By Mehrin Mubdi Chowdhury

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