

#HEALTH & FITNESS

Hair care tips for this hot summer

The current heat waves, scorching temperatures, and glaring sun rays may all be damaging to your hair due to the combination of sweat, humidity, and dust. During these times, keeping a healthy head by being clean and taking care of your hair can help avoid or regulate numerous skin disorders or conditions. Therefore, you must aim for hair that is in good condition. To help you with that, we have put together some of the best tips for taking care of your hair this summer.

Avoid excess use of appliances and chemicals

Heat-styling appliances such as blow dryers, straighteners, and curling irons may be more damaging to your hair in the hot and humid weather. In the warmer months, air drying or using a diffuser is preferable to using these instruments to soothe your hair. Moreover, because the humidity of summer may be harsh on your locks, avoid the unnecessary use of harsh chemicals in your hair. Avoid dyeing your hair during hot weather. In the future, do your hair colouring a month before summer arrives, if at all possible, or delay it until the weather gets cooler.

Do proper hair wash

The summer heat and filth can leave your hair looking dingy and lifeless. So, make sure you wash your hair a minimum of twice a week throughout the summer to keep it healthy and to retain the quality and cleanliness of your hair. Select a shampoo and conditioner that will not only keep your hair strong but will also aid in the fight against hair loss.

Choose a gentle, summer-appropriate shampoo and do not apply shampoo to the hair itself; instead, focus on the scalp. After properly shampooing, condition only the ends, and finish it off with a good rinse.

Indulge in hair masks and cuts

One deep conditioning treatment each week should be enough to solve the problem of dry and frizzy hair this summer. Hair masks made from all-natural components like oils from coconut, shea butter, cocoa butter, and honey are the best way to give your hair the care and moisture it needs. If you want your hair to look and feel its best, you also need to have regular haircuts. Getting a trim every 6-8 weeks will maintain your hair in good condition, free from splitting and breakage, resulting in your hair looking great.

Hydrate and intake adequate nutrients

Even if you take all of these precautions to protect your hair from the sun, it will be useless if you do not drink enough water. Water, along with other fluids, can help your hair tremendously by preserving its health and hydration. In addition, you must increase the number of vegetables and fruits that are fresh and rich in nutrition in your diet to ensure that you are getting enough nourishment for your scalp.



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