

## Hair Care Tips

Follow these easy hair-care tips to keep your hair looking beautiful and healthy every day.

- Brushing wet hair can cause your hair to break, so avoid brushing your hair when it is wet and vulnerable.
- Be gentle when combing wet hair, as hair is at its most fragile when wet. Don't use a brush with protruded teeth. Instead, use a comb with wide teeth and start combing from the ends up to the roots.
- When you are thinking of dyeing your hair, keep in mind that dark colors create a heavier look, while light colors makes your hair look more thin.
- After using a hair dye, rinse your hair thoroughly several times with cold water to help fix the color. Be sure to apply moisturizing cream to your dyed hair at least once a week to keep it nurtured.
- Protect your hair against the sun, as sunrays can cause our hair to become more dry and create split ends.
- It is best not to blow-dry your hair, as hot air can cause damage to your hair and scalp, making your hair lose its shine. If you hairstyle calls for a blow-dyer, be sure to hold the dryer several inches away from your hair at all times.
- Be sure to eat lots of fresh fruits and vegetables, as they contain key nutrients for your hair. Try to avoid eating too many sweets and chocolates, as they can cause harm to your hair's health.
- Depending on your hair type, you should wash your hair every day, every other day, or once a week. If you wash your hair every day, be sure to use a shampoo that is gentle on your scalp. Apply a moisturizing conditioner afterwards.
- Before taking a bath comb your hair in order to detangle your curls, especially if you have long hair.
- Keep your brushes and combs clean, and wash and dry them once a week.
- When washing your hair, don't pile it on your head but leave it hanging down.
- Be gentle when shampooing your hair. Don't scrub with your nails, but gently massage the shampoo into your hair.

- When you condition your hair, be sure to rinse it thoroughly with hot water, followed by warm and then cold water.
- Make sure to thoroughly rinse out any shampoo or conditioner remains from your hair.
- Do not keep your hair bundled up in a towel for long after having washed your hair.
- Try to let your hair dry naturally, if you have the time, as this will cause your hair the least damage.
- If you wish to towel your hair dry, always use the sponge as it the mildest to your hair.

### **Cutting your hair**

When cutting your hair, it is recommended to use the shape and length of your hair as a guideline. Thick hair should preferably be cut in the shape of long curls or layers. Hair of medium length will look best when cut as little as possible. Thin hair should be cut in the same length to give it more volume. In general, it is best to give your hair a trim every 4 weeks.

### **Ironing your hair**

Ironing your hair can cause your hair to break more easily and lose its strength. As such, it is important to apply a moisturizing cream to your hair before straightening it, to protect it from the heat. Additionally, it is preferably to apply cream after drying your hair in winter to keep it moist, give it vitality and prevent it from dryness.