

## Hair Care Tips

There are days when hair looks absolutely fabulous and then there are days that make you want to wear a hat to the office. What if the hat days are happening way too often? Maybe the bounce and the shine have left a stringy, dull mess in their wake. Good news, there is hope. With some basic maintenance tricks and tips, you can be on your way to glossy, radiant hair in no time.

Basic hair care starts in the shower. When shampooing the hair, wet all of the hair with warm/hot water. Apply a dime-quarter size amount of shampoo, depending on amount of hair, to your hands first. Rub hands together, then apply shampoo to the hair. Rinse hair with COLD water. This closes the hair follicles and seals moisture into the hair shaft. If your hair is prone to build up from styling gels, hair spray and other styling products then mix 1 tablespoon of baking soda into your shampoo once a week. Rinse and dry as normal. Thoroughly towel dry before using a blow dryer. This eliminates the amount of time that the hair is exposed to heat.

Now that we're out of the shower, it's time to detangle. Never brush wet hair, to avoid breaking the hair, always blow dry first. If there are major tangles in wet hair, then use a comb to straighten them out. Bend your head over and brush from the back to the front of the scalp. This distributes the natural oils throughout each strand of hair. Brush until you feel a tingling sensation. Then massage the scalp with your fingertips in order to promote blood flow to the hair follicles. If static electricity is a problem then lightly wet the brush before use.

Your hair is clean and tangle free, now your ready to style it. To hold a finished design in place use hair spray. If you're afraid to have stiff, "helmet" hair then spray your hands first and lightly brush them over your hair to prevent flyaway hairs. If you're looking for the "wet" look then gel is the answer for you, it is recommended that you use it sparingly.

Other ways to take care of your hair involve using cloth covered ponytail holders to reduce the amount of strain on your hair. Ever notice how plain rubber bands simply pull hair out? Keep your hair, use the cloth ones. Change your diet. Yes, what you put into your body affects even your hair. Cutting back on bad fats and carbohydrates can help give hair new life. Introducing more fruits and vegetables will help even more. Drink water. Water helps keeps the skin hydrated, thus sending vital nutrients to the scalp. This helps keep the hair alive and thriving.

Every hair commercial on television shows how their product is going to provide us with wonderful hair, however, without using these basic hair care tips, no product will work. There really is no need for expensive products to keep your hair looking shiny, bouncy and healthy. Just care of the hair and it will thrive naturally.