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How To Maintain Hair Health If You Straighten Hair Oftentimes?

Experimenting with hair has become a popular trend recently. Styling the hair, changing the hair colour, getting hair extensions, getting hair highlights, haircuts, using the [Blonde Toning Shampoo](#) and what not. People are no more limiting themselves from trying something new with their hair. With so much experimenting arises the need of taking extra care of the hair to alleviate the damage.

Especially the styling equipment like curlers and hair straighteners seem to damage the hair from the heat. If you are among the one who often straightens hair, this blog would surely help to save your hair from the damage. Apart from buying a ceramic hair straightener, here are some of the considerations that you should make for taking extra care of your hair.



• **Prepare your hair before straightening**

One of the biggest mistakes that people make is to use the hair straightener directly on the wet hair. Being in a hurry is understandable, but this could increase the amount of damage done to your hair. Make sure that you blow-dry the hair in the first place.

It is highly recommended to use a hair straightener in dry hair. Make sure to use heat protectants on the hair before using the iron. This would ensure to protect the hair from heating impact.

• **Choose the right Straightening Iron**

There is a lot of hair straightener available in the market. Do not fall into the traps of low-cost hair straighteners as they may not have the temperature control options, or the plates would not be made from quality material.

Get the hair straightener from the professional band that ensures to provide the best products. Metal plates do not have a good impact on the hair, so make sure to choose a straightener as they distribute the heat evenly. The temperature control would help you to choose an appropriate heat setting as per the type of your hair, reducing the overheating.

• **Have a hair damage repair regime**

Apart from taking extra care while straightening the hair, a healthy hair regimen would help to nourish the hair and keep them healthy. Using the styling equipment would leave the hair dry and frizzy. Make sure to incorporate hydration and moisturisation in the [hair products](#) that you use.



Start oiling your hair with the best oils available as per your hair stand thickness. The oil would keep the hair hydrated, as well as it would enhance the scalp and cuticle health.

A moisturising and nourishing shampoo would leave the hair smooth, hydrated and frizz-free. Look for specific ingredients that would enhance hair health. One of the major steps that you should not miss is deep conditioning. The actual boost of hydration that your hair would be in desperate need after frequent styling is provided by the conditioners. Make sure you apply conditioner on your hair atleast once a week.

A good hair trim would help get rid of the split ends, and lifeless hair ends.

Pro tip! Do not leave the [Ceramic Hair Straightener](#) for a longer time on the hair, as it may damage the air severely.