

Hairwash 101 – The do's and don'ts

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Hair-wash 101 – Mistakes You Need to Stop Making!

The road to a luscious mane might be long and winded but you can reach there step by step. First of them is, getting the basics right. While most women wash their hair almost daily, there are some things which all of us might be doing wrong. Read along, as we guide you to a few things which you should avoid in order to get healthier hair!

Using piping hot water

Constantly washing your hair in hot, steaming water can turn your hair dry and lifeless. Hence, it is always better to keep the temperature on the cooler side. This will help in locking the moisture and will keep your hair healthy in the long run.

Scrubbing hard

Unless you work at a construction site, your hair is not as dirty as you think it is. A good hard scrub is not required in order to clean your hair - that is what your shampoo is there for. You need to be very gentle with wet hair as it is the weakest then. Scrubbing causes greater breakage and damages your cuticle as well. Hence, it's better to massage the shampoo on your scalp using just your fingertips. If you have long nails, take care to avoid scratching your scalp too much.

Applying shampoo all the way

The sole purpose of shampoo is to cleanse the buildup in your hair, mostly at your roots. While you may feel that your strands are dirty as well, you don't need to apply extra shampoo on them. Only place you should be applying your shampoo is on the roots. It will lather and cleanse your strands as well.

Not conditioning enough

If you have dry hair, conditioner is your best friend. While most of us have got into the habit of using a conditioner, few of us know how to derive its full utility. As opposed to the shampoo, conditioner should never be applied to the roots, as it would create further buildup on your scalp. Instead, apply it on your strands and let it sit for as long as your patience allows you to. Ideally, a conditioner should be allowed to sit in for at least 5 minutes before rinsing it off. *Veola offers a range of conditioners suited to every woman's hair needs. It used herbal ingredients such as Aloe Vera, Tea Tree oil, Henna, Rosemary, etc. to give your hair the nourishment it deserves.*

Underestimating the final rinse

The final time when you rinse out the conditioner from your hair, plays a very important role in your hair's health. It is important to rinse out with water as cold as you can bear. This shuts down your hair cuticles giving them extra shine and lustre.

Using a shampoo for all hair types

This is a myth. There can be no shampoo meant for all hair types. Make sure that you analyze your hair type and buy the shampoo and conditioner meant for your hair only.

Towel drying your hair

As we have said earlier, wet hair is at its weakest. Now imagine what would happen when you rub your weak wet hair between your towel – breakage. Hence, it's better to squeeze out any water from your strands and wrapping them in your towel or a t-shirt.

Washing your hair too often

The maximum that one should wash their hair is thrice a week – if you have oily hair, that is. For the dry haired beauties, try to avoid shampooing as much as possible. The chemicals in your shampoo rip your hair of its natural oils, causing more harm than good. Remember, anything in excess is harmful.

If your hair is on the drier side, you can forgo the shampoo and simply condition your hair once or twice a week, as per your hair texture. In order to avoid damaging your hair, Veola provides a completely herbal range of conditioners which can be used on a variety of hair types.

Not utilizing the power of Deep Conditioning

Owing to the pollution and damage that our hair go through on a daily basis, it has become imperative to give them a little extra when you can. Hair masks are a great way to rejuvenate and nourish your hair. Massage them in on weekends to leave your stress behind and get luscious locks in the process!

Another way to go about deep conditioning is applying hot oils. In India, it's something which every girl would have heard from her mother. Listen to them, because it really works. If you have the right oil which nourishes the scalp and adds shine to your strands, don't be lazy and make sure you use it as often as you can!

“Hot oil conditioners” is a range from Veola which brings the goodness of oils and conditioners in one pack. It's the best of both the worlds!

So ladies, the next time you wash your hair, remember these little tips. They maybe just a drop in the ocean but if implemented dedicatedly, you will see some significant changes in a short time. Gorgeous hair is not a dream anymore!