

3 Worst Things to Do to Your Hair

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Just by avoiding these horrendous hair punishments, you can automatically upgrade your hair from drab to fab in no time! To make things simple, follow these basic, yet incredibly effective tips to avoid the worst things to do to your hair. Doing so will get you lovely, luscious locks in no time!

1. Skipping your Regular Trims

- No matter how rock solid your hair regimen is, due to the routine manipulation and environmental factors, hair impairment is inevitable. By the time your hair is showing signs of requiring a trim, the damage has already been done.
- Split-ends are a common problem, mainly for women with long hair. They not only look bad, but they thwart the growth of your hair.
- Don't let the dead, damaged ends stick around just to have your length intact. Hair care products may temporarily solve this issue, but the only way to score out the bad hair ends is scissors!
- Regular trimming prevents split ends and it also avoids the splits from traveling higher into the hair shaft and causing severe breakage.
- So, we recommend a trip to your stylist about every 8 to 12 weeks, depending on your individual hair issues, to get the minimum cut enough to just rid those split ends!

2. Styling while it's still wet

- Immediately after a wash is when your hair is at its weakest and most vulnerable. Wet hair should be handled gently with great care.
- Before you use a blow dryer, hair should be dried tenderly by touching it down in parts, and gently pressing and blotting out excess water with a towel.
- Most of us tend to rub our hair aggressively with a towel to dry it faster, but it is a big NO! Also, if post-shower hair wrapping is a preference, then use thin soft cotton towels as the fabric is friendlier on hair.
- Especially with damp hair, use a wide-tooth comb instead of a hairbrush. It will avoid roughening and pulling your hair while also helping you manage it.
- Lastly, do not use straighteners or curlers on your hair while it's still wet.
- Manipulating wet hair too much can do more harm than good. It's generally best to wait for styling your hair until it is damp or almost dry.
- Haircare Tip: Get your hair 90 percent dry before you start with the styling procedures.

3. Heat Styling Gears

- The best way to tame your dry, frizzy hair is your much-loved blow dryer, straightener, or even curler. But if you're facing rough hair issues or worst, hair loss, then your best bet for the culprits behind it is those heating tools.
- While styling tools are at times essential for amazing hair, the excessive use of heat tends to do permanent hair damage which can only be fixed with haircuts.
- However, the only way to prevent this is not tossing out your styling tools, but being extra careful while you use them.
- Start with not using your styling tools too frequently. Use a good heat protectant gel or serum on your hair before you use your dryer, straightener or curler to minimize long term, eventual hair damage.
- Use ionic hair dryers as they help retain moisture in your hair while also drying it faster, keeping it healthier and less frizzy.
- With straightening and curling irons, go for ceramic or titanium as they not only make your hair look smooth and polished but they lock in moisture leading to less damage and reduced hair breakage.
- Use your heating tools at the least possible temperature to cause minimum damage. Also, don't use it repeatedly over the same strands as more heat means more damage.
- Your styling tools tend to dry out your hair so use hair masks and deep conditioning treatments time and again to retain the moisture content of your hair for great hair!

Follow these DON'T's in your daily hair care regime and we are sure you'll find these useful and get good results! Please leave a comment below on how our tips helped you manage your hair! And keep coming back to our page for more hair related stuff!