

## 5 Techniques to Grow Your Hair Really Long

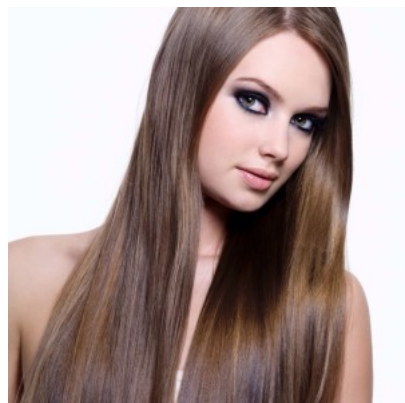
Date : November 23, 2015



'Having long hair is the most annoying and wonderful feeling ever.'

All of those with long hair will definitely agree to this line. The rest of you, wondering how to get into that league, sit back, we are here with few efficient ways to get your hair cover your back and reach until your knees.

### 1. Patience is the Key!



Growing hair naturally won't happen overnight. Typically, hair grows about a quarter of an inch to half an inch in a month. All of us are not blessed with celebrity hair stylists who would do magic and grow our hair beautifully long and healthy at the same time. Thus, the bottom line is:

the key to LONG HAIR is PATIENCE!

## **2. Always condition after shampooing**



Freshly washed and wet hair is prone to be weak and fragile. Before untangling the wet hair it is necessary to condition the hair properly and make them manageable. The coloring and other heat styling makes strands of hair thinner at the bottom. Conditioning the hair would replace the lipids and proteins inside the hair shaft and seal the cuticle to help prevent further damaging the hair. This will ultimately help to grow your hair longer and healthier. So remember – every time you wet your hair, make sure you condition them.

## **3. Don't shampoo everyday**

Shampooing your hair everyday will make your hair dry as it will wash away all the natural oils from your scalp. The natural oil helps in making the hair healthier. The basic purpose to use shampoo is to remove the accumulated dirt and product built up from the hair. It is advisable to shampoo just once a month, which looks practically unmanageable given the current lifestyles, however shampoo twice a week. Whenever you shampoo now, be gentler on your hair by lathering only up at your scalp and then let it slide down your strand, which eventually will cleanse the rest of the strands while getting washed off the hair. Try and skip shampoo and use more of a conditioner to get better results.

#### **4. Don't shy away from regular trimming**

Believe it or not, regular trimming stimulates hair growth in a healthier way. Stylists suggest trimming an eighth of an inch every 10-12 weeks to avoid split ends. This does not mean that regularly chopping off your hair will help them grow faster. NO! Regular trimming is advisable to have healthy looking ends and avoid split ends. A properly managed regime of trimming hair is much advisable and helpful.

#### **5. Hot Oil Treatment**



Yes! The age old trick that our mothers and grandmothers always pursued us to do, and we ran away from it for fashion reasons. But a hot oil treatment would do wonders for the well-being of your hair. Hot oil treatment help nourishing the follicles. It soothes dry scalp issues like flakes, dandruff and eczema. Hot oil massage helps in stimulating the blood flow in the scalp and carries vitamins and nutrients to follicles. Hot oil treatment can be used before washing the hair. Ensure you do not go out in dust with oil in your hair as it will result in accumulation of dust on the scalp and the results would be adversely affected. Regular hot oil treatments will help stimulate growth and thicken your hair.

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Try these and let us know the results. Stay tuned for more of such interesting tips related to hair and their welfare!