

How to protect your long hair?

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Love long hair? Read along!

Having long hair is a dream of all the ladies. The longer they grow, the longer you want them to be. You are never satisfied with the current length of your hair. We completely understand this and that is why here are some techniques you can use to get the desired length in a healthy way.

1. **Brush your hair carefully!**

When brushing your hair, you think you are removing the tangles and making them smooth. There is another thing that happens; the natural oils will be distributed from the roots to the tips of the hair. However, constant brushing can cause physical harm to your hair. Whenever you detangle your hair, be it wet or not, start from the bottom and work your way up instead of starting from the scalp and then your way down.



2. Say no to Cotton Pillowcase!

It's true! A shinier pillowcase will help you achieve shinier and smoother hair. Cotton pillowcases absorb moisture from your hair. This will leave your hair dull and frizzy. On the other hand, a softer surface of a satin pillowcase will cause less friction and thus you will wake up with fewer tangles. Satin won't absorb the moisture from your hair and your hair will stay smooth and shiny once you start using satin pillowcases.



3. Use smaller towels to tie up your hair

Post washing your hair, you tie your wet hair in a towel turban to avoid dripping. This practice might save your floor from being wet but it harms your hair a lot. It causes a lot of breakage. Your hair gets tied up in the woven fibers of the towel and wet hair being weak; tend to cause a lot of breakage upon opening the turban. Opt for super thin and soft microfiber towels for hair from now onwards for healthier hair.



4. Tie your hair right

Do not tie your hair too tight. Just make sure they are tight enough for them to not fall off. Using an extremely tight rubber band or too many bobby pins tend to cause a lot of friction in your hair. They lead to breakage and damaging your hair.



5. **Cold Water Rinse, make it a ritual**

At the end of every hair wash session, make sure you spend a few extra minutes and rinse your hair with cold water. Cold water closes the pores, the hair cuticle and prevents dirt from entering and accumulating on the scalp. It helps to seal moisture from the conditioner that you applied to your hair. Cleanse, condition with WARM water and not HOT water. When you're ready to rinse out the conditioner, use cold water for the final rinse.

