

## What is the right temperature for washing hair?

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While, it is true that some people prefer hot water over cold water for washing their hair, it is a fact that the ideal temperature for washing hair still is a mystery to many. Here we bring to you a neat guideline discussing advantages and disadvantages of using hot and cold water to help you reveal the mystery for yourself.



Here's how to decide which temperature is right for your hair?

### Using hot water

## Benefits

- If you have an oily scalp washing your hair with hot water can be beneficial as the hot water and steam naturally open the pores, thereby exfoliating and removing the excess of oil from your skin.
- It also rinses away the buildup of dirt and hair products accumulated on your scalp.



## Disadvantages

- Unfortunately, with great benefits hot water also has certain limitations. Hot water strips your hair of the natural oils. “Sebum” a natural oil produced by sebaceous glands is essential as it provides shine and strength to your hair.
- Irrespective of your hair type, your hair requires moisture to stay frizz free. As hot water rinses away the natural oils from the hair shafts, it further reduces the moisture and results in frizz.

## Using Cold Water

### Benefits

- On one side where hot water rinses away the natural oils from your hair shaft, cold water works exactly opposite. Cold water prevents dirt and grime from entering and accumulating on the scalp. This keeps “sebum” restored and helps retain moisture. Thus cold water retains moisture and leaves your hair less prone to Frizz.
- Cold water closes the scales of your hair cuticles and makes the hair smoother, thereby preventing frizz and adding luster to your tresses.



### Disadvantages

- For those with a naturally thin hair texture cold water could result into flattening of hair.
- Using cold water could also result in flat hair as well as curls with no bounce especially when the hair has less volume and is exposed to arid environment.

### Verdict?

Hot water is good to rinse away the dirt and grime but leaves the hair dry and frizzy. Whereas cold water retains moisture and adds shine to your hair, but at the same time could result into flat hair. So the solution is:

- Use warm water, to cleanse, detangle and condition your hair. Make sure you use WARM water not hot, as using hot water could burn your skin and scalp.
- Turn to cold water to rinse your hair and run it all over your hair to rinse them thoroughly.

