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Monday, April 12, 2010

SUMMER HAIR CARE TIPS

Damage from the sun

Summer hair care is necessary to allow your regimen to continue to work for you. Sun damage is important, yet often overlooked when it comes to hair care.

The UV light in sunlight degrades the hair cuticle causing the keratin protein of the hair to break down. The result is that the hair is gradually weakened and becomes drier. The visual symptoms appear to be "natural highlights".

The summer heat can be a beast. Use these summer hair care tips to prevent sun and heat damage to your hair.

1. Avoid heat styling

I probably won't have to mention that one again as most ladies bury their blow dryers during the summer months. But it's important to note the natural heat in the environment as well as body heat will help dry your hair faster than normal. Get fabulous braid outs even faster!

2. Deep Condition

The heat will make you think twice about sitting under a hood dryer, but don't forget to deep condition. During the heat, I recommend weekly treatments if you are in dry heat. You can apply your conditioner, cover with a scarf and do some gardening. The heat from the sun will still do its job and help your hair receive what it needs.

3. Wash more frequently

Summer hair care requires more conditioning. Depending on your exposure, your hair may be thirsty much faster. Consider cowashing, washing with just conditioner, to supply your hair with much needed moisture.

4. Moisturize

Serums, butters, and oils generally do not add moisture to the hair. They nourish and help to add shine and seal in moisture. There are a few exceptions such as coconut oil and jojoba oil. However, don't forget to moisturize your hair with a water-based product and then seal with an oil or butter.

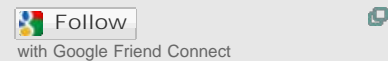
I prefer to moisturize with Jane Carter Solutions Revitalizing Leave-In Conditioner and I seal with either Jane Carter Solutions Nourish & Shine or Jane Carter Solutions Hair Nourishing Serum.

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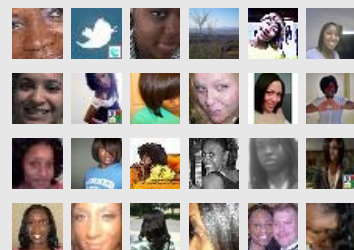
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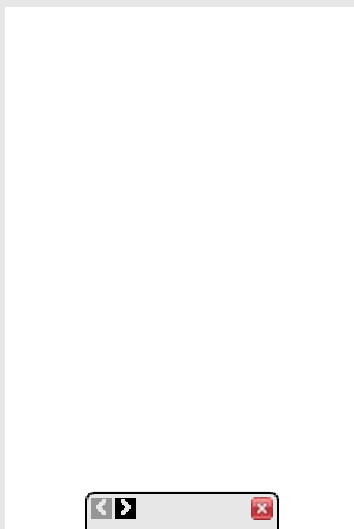
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5. Avoid sun damage

Just as your skin can burn, so can your scalp. Protect hair with a hat or scarf when you will be outside for an extended amount of time. Symptoms of sun damaged hair include faded hair color, breakage, brittle and frizzy hair, and even split ends. If your scalp is constantly exposed to the sun, you can even dap a little sunblock on your scalp. You can remove it at the end of the day with a damp cotton ball with Seabreeze as not to clog your pores.

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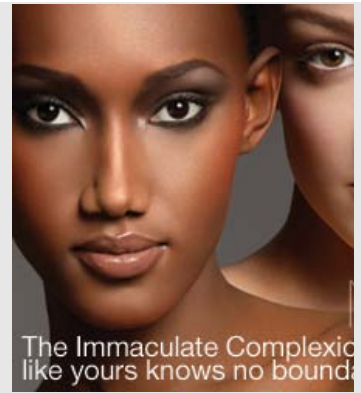
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