

9 good tips to help you get rid of oily hair

Let's TipsMake.com refer to 9 good tips to help you get rid of the oily hair every day below!

According to Boston Hair Care Center Director Lynne Goldberg, washing your hair too often can do more harm than good. Continuous shampoo causes sebaceous glands on the scalp to produce more mucus. As a result, you have to wash your hair continuously so that your hair doesn't get oiled.

The Bright Side page is interested in this topic and has made a list of **9 good tips to help you less wash your hair** but still look smooth and fluffy.

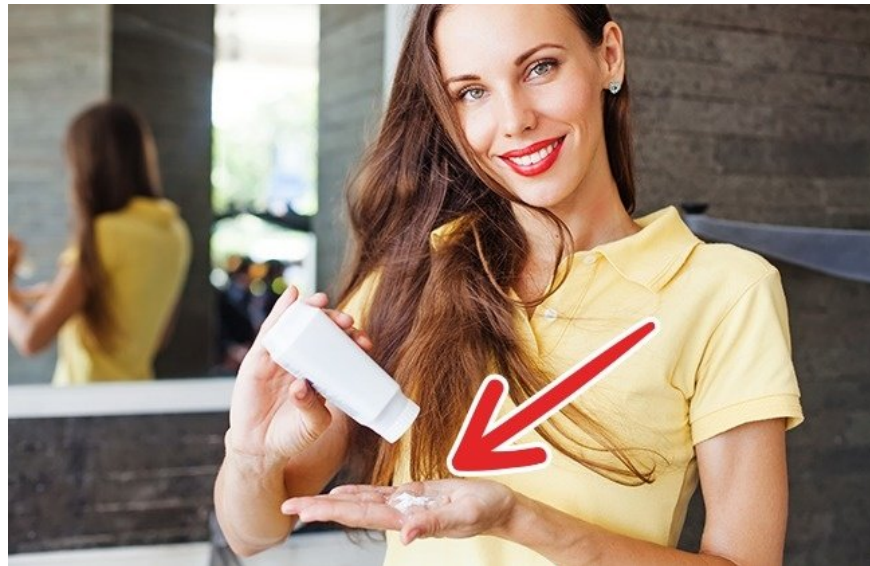
Track daily menu



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To make sure your hair gets longer, remove any fat-containing or fried food in your diet. The same is true for sugar, bread and canned food. Replace the above foods with fruits, vegetables, milk, lean meats and whole grains. This helps reduce the activity of the sebaceous glands.

Use dry shampoo



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To cover the greasy shine on your hair, split your hair into several parts and spray dry shampoo into your hair roots as a hair spray with a 8-10 inch gap. If the shampoo is in the form of soluble powder, apply it directly to the hairline. Wait 10 minutes, then comb your hair. Dry shampoo will create a wrapper around the slime; This will help your hair look better for a while.

Don't forget to use accessories



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If you have a scarf or a hairpin, you can create many interesting hairstyles. All you need to do is tie it up, attach it and disguise it in some way. The bow tie on the head looks very nice, suitable for tangled hair. They can also become a true savior for people with short hairstyles. Besides, greasy hair can be hidden more with decorative hairpins or headband.

Pay attention to the water temperature



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When washing your hair, use hot water or warm water. Hot water increases the amount of fat excreted on the scalp. After shampooing, it is best to let your hair dry naturally.

New hair back into braids



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Braids or braided hair can hide greasy hairline very well. The thicker the hair, the better. You should lightly tangle the hair to cover the visible part of the hair that has not been washed. Make sure the braids are not too smooth, some tangled hair will help hide the dirty hair.

Comb your hair before sleeping



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Brush your hair before going to bed. When lying on the pillow, pull your hair out and straighten it along the top edge of the pillow. If the length allows, quickly tie a ponytail or a tangled braid.

Change your hair



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Move your hair from side to side or move from straight to diagonal. The reason for doing this is simple: our hair is usually arranged in a certain way, resulting in an imbalance in the number of hair roots. In addition, the hair is often the dirtiest in the road. So, turning your throne to your hair will create a new look and look cleaner.

Avoid tight-fitting hairstyles



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Avoid smooth and glossy hairstyles: they will make your hair more messy and oily. The best option is to lightly tangle the hair on the hairline to look bulging and then tie it with a hairpin or bun.

Clean hair comb



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Don't forget to clean your hair styling tools regularly to avoid the scalp, nutrients and residual styling agents from hair sticking to the comb surface. Hairbrushes should be cleaned once a week in warm water with shampoo

or soap. See also: Simple tips to clean up the ultra-fast "hair brush"

Refer to some more articles:

1. The 5 best male hairstyles of 2017 are suitable for boys with long faces
2. 10 great uses of beer you may not know yet
3. The 12 great benefits of drinking warm water may not be known

Having fun!

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