

Summer hair care

It's hard for you to preserve a shiny, smooth and full of life hair on a hot summer day

It is difficult for you to preserve a shiny, smooth and full of life hair in the hot summer day. Around this issue, there are still many questions and concerns of many people about how to take care of their hair in the summer. Listen to the following tips from experts on how to take care of your hair in the summer.



Summer hair care

Here are some summer hair care tips

In the summer, you should wash your hair often. Will washing every day help get rid of sweat and dandruff?

Incorrect. Hair is like skin, if you wash your hair regularly, it will make your hair lose its inherent oil and moisture, making your hair dry and stiff.

first

Hair also needs protection when out in the sun

That's right, don't think that when you go out in the sun, you just need to disguise your skin because under the influence of the sun, your hair can also become a "victim" of being attacked. As a result, the hair is dry, sunburned and very easily damaged. Therefore, it is recommended that you use a wide-brimmed hat, umbrella or sunscreen to "shelter" from the sun for your hair.

After swimming, there is no need to wash your hair because when swimming, the hair is already "bathed" in the pool water

It's wrong. Swimming pool water is very dangerous for hair because in the composition of swimming pool water contains Fluoride which is the leading cause of dry, fibrous, and hard hair. When you go swimming, you should limit the risk of your hair coming into contact with pool water by neatly braiding your hair and protecting it with a swimming cap. In addition, after swimming, you should quickly wash your hair with plain water and shampoo and conditioner.

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In the summer, regular hair ties both create a cool and neat feeling, but the most ominous thing is that the hair is very easy to break

Yes, regularly tying your hair in one place on your hair puts your hair at risk of breakage and frizz, especially if it's tied when your hair is wet, this risk increases. The advice for you is that you should not often tie or bun your hair, if your job requires it, only tie your hair up when you go to work, when you come home, let your hair out so that your hair has time to relax and regain its softness. softness and elasticity of the hair.

4

After washing your hair, it is best to brush tangled hair and dry it immediately

Incorrect. After washing your hair, your hair is still wet and very weak, so don't rush to brush it right away or if you have, just use a wide-tooth comb or use your fingers to detangle your hair. It is best to limit drying your hair with a dryer because the hair will become weak and break easily. Let the hair dry naturally to maintain the "health" of the hair.

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In the summer, the hair becomes even more greasy and has to be combed several times a day?

Wrong. Brushing is a very beneficial habit for the hair and scalp because it stimulates blood circulation on the scalp, creating a comfortable and pleasant feeling. However, overusing this habit will make the hair weak, broken and the sebaceous glands stimulated and more active.

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With hair split ends due to chemicals or sunlight, it is best to use a lot of essential oils to nourish the hair to help improve the condition.

Incorrect. Because split ends have no way to restore them, simply cut the split ends to stimulate new healthy hair growth. Any plan to fix split ends will only work at zero.

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What to do to restore damaged hair in summer?

With readily available, easy-to-find and very cheap ingredients in the summer, plus a little ingenuity, you will be able to make your own hair masks, limiting damaged hair.

See instructions on how to wash your hair properly

Simple ways to take care of your hair in summer

1. Olive oil - After shampooing, apply olive oil to your hair and leave it for about 15 minutes to allow the nutrients in the oil to penetrate the hair. Then wash your hair with warm water. This mask is also suitable for dry hair.
2. Coconut water - Use coconut water to wash your hair after shampooing.
3. Lemon - Use lemon juice to apply evenly to the hair to help shiny, healthy hair and limit the risk of breakage.
4. Avocado - Use half a mashed avocado with half a cup of ripe banana, apply it evenly on your hair and wrap it in a towel after 20 minutes, wash it off with normal water.
5. Egg Yolk - Use two egg yolks mixed with three tablespoons of flour to form a paste, apply evenly to the hair for about 15 minutes, then wash it off.

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