

Summer can be a challenging season for our hair, as the combination of heat, humidity and sun exposure can wreak havoc, leaving our locks frizzy, dry and even causing sunburn on the scalp. But fear not, we have some essential tips to help you care for your hair during the sunny season and keep it looking fabulous.

1. Taming frizz

Frizzy hair can be a common struggle during summer. Combat it by using a smoothing serum or anti-frizz spray. These products can help control flyaways and add a layer of protection against humidity. Additionally, using a boar bristle brush can distribute natural oils from the scalp to the ends, reducing frizz and promoting a smoother appearance.

2. Moisturizing dry hair

Dry and brittle hair requires extra care during summer. Regular trims can help eliminate split ends and keep your hair healthy. Deep conditioning treatments are also beneficial to restore moisture and nourish your strands. Consider using a hydrating hair mask once a week to replenish lost moisture. After swimming, rinse your hair with fresh water to remove chlorine or saltwater, which can further dry out your hair.

3. Avoid over-washing

Excessive washing can strip your hair of its natural oils, leaving it dry and dull. Instead, opt for a gentle shampoo and conditioner designed for your hair type. If you need to refresh your hair between washes, use a dry shampoo or simply rinse with water.

4. Protect your scalp

Just like your skin, your scalp can get sunburnt. Shield it from harmful UV rays by wearing a hat or using a sun protection product specifically designed for the scalp. If your scalp does get burned, soothe it with aloe vera gel, which has natural cooling and healing properties.

5. Hydration and nutrition

Don't forget that healthy hair starts from within. Stay hydrated by drinking plenty of water throughout the day. A well-balanced diet rich in vitamins, minerals, and essential fatty acids will promote strong and shiny hair. Incorporate foods like fruits, vegetables, whole grains and lean proteins into your meals for optimal hair health.

By following these summer hair care tips, you can keep your hair looking and feeling its best despite the challenges of the season. Tame frizz, moisturize dry hair, protect your scalp from sunburn and nourish your locks from the inside out. Enjoy your summer with great hair that shines with health and vitality! (Msn.com)