

Winterize Your Hair

From hat head to static electricity, winter is our hair's enemy. Here are some tips on how to winterize your hair.

Shampoo Less. Skip a day or two washing your hair. If you must take a shower every day, then just use conditioner on your hair.

Skip the Hot Showers. Try to use lukewarm water as hot water strips the oils from your hair.

Eat some eggs. L-Cysteine, found in egg yolks, helps in the production of keratin, a protein your hair needs.

Change Your Hair Products. Move your summer humidity defying hair products to the closet and switch to thirst quenching winter products. Heavy conditioners and hydration masks are great. As well as hair serums and oils. Detanglers are great too.

Trim it. Schedule regular trims to remove the dry, split ends. For long hair try to go every 8 weeks. For short hair every 4-6 weeks is good.

Try Fish Oil. It's a rich source of Omega 3 fatty acids and is known for many health benefits. Regular consumption can help improve your heart health and also help your hair look shiny and smooth.

Don't go outside with wet hair. Cold air will cause your wet hair to become more brittle and prone to breaking. If you can let your hair air dry first that is best but blow dry it if you're absolutely in a hurry.

When you put lotion on your hands, scrunch the ends of your hair. You'll put the little bit of leftover lotion on your hands on some dried out ends.

Have static electricity in your hair? Try rubbing it with a fabric softener sheet.

Try dabbing a tiny bit of olive oil on your flat iron plats and curling iron before you use them on your hair.

Invest in a silk pillowcase. The incredibly smooth surface from silk reduces friction on your hair. Less friction means less damage. Silk also doesn't absorb moisture like cotton does so it won't strip your hair and skin of essential oils at night.

Have any other suggestions? I'd love to hear them.

All these tips and more can be found on my website at www.adventurechix.net