

Dealing with dry hair

Did you know that dry hair can easily be rectified by using the correct shampoo, conditioner, & styling products. There are a number of reasons why hair becomes excessively dry & hard to manage.

1. Our climate & weather conditions are the most contributing factors. While we are experiencing hot humid weather we are more incline to shampoo our hair often, & exposed much more to the harsh elements outdoors. The end result can be quite damaging to the hair. Firstly if you have tank water this is far better for the hair as there are no chemicals in it, also its important to use professionally formulated shampoo, conditioner & styling products as opposed to the cheap & nasty detergent brands. Professional brands can be purchased from your Hairdresser.

2. If your hair is chemically treated with colour, perms or a straightening process, then it is most important to maintain the condition of your hair with the correct products.

The effects of not using the correct products can result in colour loss or fade, lack of shine, dull & lifeless in appearance & the hair feeling like matted straw. In some cases the hair actually starts breaking off.

3. Other reasons for dry hair can be caused from health issues, & medication taken on a regular basis. Even if the body is suffering from a simple head cold, flu or virus, this can deplete the moisture & protein from the hair. During this time the hair needs to be replenished with moisture & protein treatments accompanied by professional products. Once the hair has been affected through sickness or even after the birth of a baby, it can take a good 6 month for the hair to recover back to a normal condition again.

4. Styling the hair with heat appliances on a daily basis, using the blow dryer, straighten iron, or hot rollers will eventually rob the hair of precious moisture, if the correct styling products are not used each time.

