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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Dry Hair And Split Ends

By Sharon Hopkins

Using any amount of hot air will cause your hair to dry out. Dry weather and blow drying will strip the hair of its moisture. Shampooing frequently and swimming in chlorinated pools will lead to dry hair and split ends. Hair dyes, electric curlers and permanents cause hair to dry out and have split ends.

To avoid split ends, follow the following tips and keep your hair glossy:

- Use mayonnaise: Use a dollop of mayonnaise on the palm of the hand and massage it to the head and leave it on for five minutes before having the bath. The recommended time for the mayonnaise treatment is an hour.
- Spray the beer: If you do not get any respite from using the mayonnaise, you can use beer as a good setting lotion that gives your hair the crisp, healthy and shiny look. You can pour some beer into an empty pump bottle and spray on the hair after shampooing and towel dry. Then you can style or blow-dry the hair.
- Shampoo minimally: Though it has become fashionable to shampoo daily, it is not advisable to do so. Shampoo strips the hair of its natural oils and thus gives it a dry, limp appearance. Alternatively, choose a shampoo for dry, damaged hair.
- Condition your hair: Dry hair can be benefited greatly by the use of conditioners after shampooing. The outer layers of the hair or cuticles peel away the shaft, resulting in split ends. Conditioner glues these cuticles back to the shaft and lubricates them. It also prevents static electricity, thus preventing its frizzy appearance.
- Avoid heat: Heat appliances like blow-dryers, electric irons and curlers damage the hair. Instead of blow-drying the hair, you can pat dry with a towel. Replace electric curlers with unheated plastic rollers that were used in a bygone era. Straighten the hair by wrapping the slightly damp hair around the cold rollers and leave them on for about ten minutes. To curl the hair or to give them a wavy appearance, use sponge rollers overnight or sleep with moist braids.

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- Cover your head: Wearing a hat during windy days is the safest way to protect the hair from drying out. This way, you will also protect your hair from drying out by the sun.
- Cut off the split ends: Every six weeks or so, try cutting off the split ends to keep them under control.

Sharon Hopkins has been managing a number of natural home remedies websites, such as

<http://www.home-remedies-for-you.com>

, which can be your guide to all the questions you have about

the usefulness of home cure. Home Remedies for dry hair can give you back the bouncy appearance.

Invigorate Your Damaged Hair With Split Ends Prevention Tips

By Alan Anderson

Hot air and dry weather makes your hair lose its moisture and become brittle. The worst condition to every girl's eye is the occurrence of split ends on hair.

Split ends generally mean the splitting of hair fiber. It happens when the protective portion of the hair called cuticle, gets damaged. They can occur anywhere on the hair shaft, but mostly they are seen on the tips of the hair.

First of all it is important for one to understand what causes the hair ends to split. There are various causes of split end in hair. Over dispensation of the hair with gels, chemicals etc. and brushing the hair harshly can cause split ends on hair. Using a brush on wet hair or combing the hair with uneven teeth in combs can also harm the hair. Coloring the hair often, also damages them.

Split ends stop hair growth and result in broken hair. You can make your hair glossy and grow longer by simply following a certain tips on hair care to prevent split ends and broken hair. To keep your split ends in check, you do not require going to a salon every week. Fashion and beauty industry has invented certain home remedies for treating your dry and damaged hair.

Follow the subsequent hair care tips to rejuvenate your broken hair.

Split ends once occurred cannot be repaired. They have to be removed. Take small sections of hair and twirl them gently in a downward motion. The split ends will automatically split out. Then carefully shear the split ends with a sharp scissors. Be cautious while removing the damaged cuticles and do not cut the thick layer.

Make a protein-shake recipe. Mix 2 tablespoons of soy protein powder with a cup of milk, ½ cup of fresh fruits in a blender. Make a smooth paste. Apply this paste on your hair once a week to silken them.

Dry Hair And Split Ends

- Do not go in to the open heat without covering your hair.
- Take a balanced diet.
- Drink plenty of water.
- Trim your hair at regular intervals.
- Do not forget to apply a conditioner after shampooing your hair.
- Massage the scalp with warm oil at least twice or thrice a week.
- Using mayonnaise or beer on your hair can add up to the lost moisture.
- Do not use a brush on wet hair. Use a wide toothed comb instead.

A variety of hair care products are also available in the market. Shop around and select an appropriate product for treating your damaged and broken hair.

Healthy hair adds grace to your beauty. Take good care of your hair to avoid the occurrence of split ends. Follow the split ends prevention tips and enjoy having long silky hair.

Alan Anderson writes on health, beauty and hairstyles. He has been working in the same field and writes informative articles for Hair Care subject. To learn more about Hair Care tips, Hair Care Products, Hair Loss treatment visit

<http://www.haircaretips.net>



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