

The mane attraction

How to care for your hair

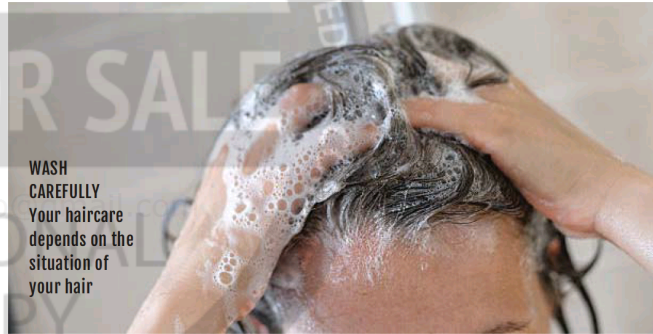


SKINVESTING
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The pandemic did not only affect our health, our bodies, and our skin, but it definitely changed our hair too. Since salons were closed or at a limited capacity, a lot of us were doing our best to care for our tresses at home. What hair issues did you encounter recently? Was there more hair fall in the past year? Did dry and brittle hair become an issue? How about gray hair? Whether your hair is thick and healthy or thinning and dull, remember that your hair is still your crowning glory, and we are giving you the best tips to care for your hair even while at home.

In general, there are four major hair types: straight, wavy, curly, and coiled. Each hair type is divided further to identify its texture more specifically. Genetics, aging, stress, nutrition, underlying conditions, and the environment are all factors that can affect hair texture and hair health. This is why hair care is not a one-size-fits-all and, unfortunately, this is where a lot of individuals commit a mistake. Find out how to take care of your tresses depending on your hair type.

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WASH CAREFULLY
Your haircare depends on the situation of your hair

Straight hair is very manageable and easy to grow out. But at the same time, it tends to be oilier than other hair types and lack of volume is a common issue. Follow these hair care reminders.

- Wash hair regularly, especially if your hair is on the oily side. You may also use dry shampoo in between no-shampoo days to keep oil at bay.
- Use volumizing products that usually contain ingredients that help the hair look fuller such as humectants.
- If blow-drying, do it with hair upside down. Part your hair differently.

Wavy hair falls between oily and dry. It is easy to style compared to other hair types, but how it is cared for usually depends on its texture. Usually, frizz is a major concern for those with this hair type. Curly hair forms a spiral and is usually dry, frizzy, and breaks easily. Coiled hair, also called kinky hair, is the most dry among all hair types. This type of hair needs the most hydration and conditioning. These are the main tips to keep your waves or curls healthy, bouncy, and shiny.

- Do not wash your hair often.
- If washing the hair, do so with cold water, as hot water can strip the hair's oils and make it more unmanageable and frizzy.
- Use sulfate-free shampoo that does not dry the hair too much.
- Don't dry your hair with a towel. Instead, use a microfibre towel and squeeze wet hair in sections.
- Don't brush or comb your hair, especially while wet. Use your fingers to untangle.
- Use lightweight hair products that can help tame the frizz but does not weigh the hair down, like a mousse.
- Opt for satin pillowcases to lessen the friction between the hair strands.

Here are other general tips to care for and protect your hair against damage.

- Apply shampoo and conditioner correctly—shampoo on the scalp and conditioner on the tips.
- Use the right hair products for your hair type.
- Do not comb your hair when wet.
- Avoid regular heat styling, hair pulling, or chemical treatments, such as coloring/perm/straightening.
- Watch your diet. Iron, protein, zinc, and Omega-3 are good for hair health.
- Choose the right cut for your hair. Sometimes all it takes is the right cut to make hair look healthier, become more manageable, and accentuate your look all at the same time.
- Find someone similar to your hair type and see how they take care of their hair. It may be your sister, friend, or even a celebrity. The products that worked for them may work for you too.

If you experience excessive hair fall, itchy scalp, flakes, bald spots, or other unusual hair problems, these can be a sign of stress or another condition. Please consult your dermatologist as soon as possible.

These are easy, general tips to keep your hair at its best. See, your hair is as important as your skin, so give it the TLC it deserves.