

Shine on

Healthy hair habits

The Sun (Malaysia) · 24 Jan 2024 · 21 · Ú BY THASHINE SELVAKUMARAN

YOUR hair is more than just a fashion statement. It is a reflection of your overall health and well-being. To maintain vibrant, luscious locks, it is essential to adopt a comprehensive haircare routine.

WEEKLY FOCUS

- MONDAY**
Discover cutting-edge world of Gaming and Tech
- TUESDAY**
Ultimate guide to Travel and Leisure
- WEDNESDAY**
Latest in Fashion and Beauty sense
- THURSDAY**
Inside the world of Social Media Influencers
- FRIDAY**
Culinary delights and Beverage trends

Shine on

Healthy hair habits - P22

help you achieve and maintain a healthy head of hair.

From proper washing techniques to nourishing treatments, here are nine expert tips to

o Choose the right shampoo and conditioner

Start your haircare journey by selecting the right shampoo and conditioner for your hair type. If you have oily hair, opt for a clarifying shampoo to remove excess oil. For dry or damaged hair, choose a hydrating, sulphate-free shampoo and a deep conditioning treatment. The conditioner should be applied mainly to the ends to prevent weighing down the roots.

o Mindful washing techniques

Overwashing can strip your hair of its natural oils, leading to dryness and damage. Aim to wash your hair two to three times a week, adjusting based on your hair type and lifestyle. When washing, focus on massaging your scalp gently with your fingertips to stimulate blood flow and distribute natural oils.

o The right water temperature

Avoid using extremely hot water to wash your hair, as it can strip away natural oils and lead to dryness. Opt for lukewarm water instead. Finish with a cold water rinse to seal the hair cuticles and add shine.

o

Split ends can make your hair look dull and lifeless. Schedule regular trims every six to eight weeks to prevent split ends and promote healthy hair growth. This will also maintain your hairstyle's shape and keep your locks looking fresh.

Regular trims for healthy ends

o

Protect your hair from heat Styling tools like flat irons, curling irons and blow dryers can cause heat damage to your hair. Whenever possible, let your hair air-dry. When using styling tools, apply a heatprotectant spray to shield your strands from damage. Additionally, use the lowest heat setting that achieves your desired style.

o Nourish from within

Beautiful hair starts with a healthy diet. Ensure you are getting enough nutrients like vitamins A, C and E, along with biotin and omega-3 fatty acids. These nutrients contribute to strong, shiny hair. Include foods like fish, nuts, fruits and vegetables in your diet and stay hydrated by drinking plenty of water.

o Avoid tight hairstyles

Constantly pulling your hair into tight ponytails or braids can lead to breakage and hair loss. Opt for looser styles that do not put excessive strain on your hair follicles. If you enjoy wearing your hair up, consider rotating styles and giving your hair breaks in between.

o

Pamper your hair with treatments Treat your hair to nourishing masks and treatments regularly. Coconut oil, argan oil and honey can be excellent natural ingredients to add moisture and shine to your hair. Apply a deep conditioning treatment once a week to keep your locks hydrated and healthy.

o

Protect your hair from the sun Just like your skin, your hair can be

damaged by the sun's harmful UV rays. Protect your hair by wearing a hat or using products that contain UV filters. This is particularly important if you spend a lot of time outdoors.

o Gentle towel drying

After washing your hair, resist the temptation to vigorously rub it with a towel. Wet hair is more susceptible to breakage and rough towel-drying can lead to frizz and damage.

Instead, gently pat your hair with a micro-fibre towel or an old T-shirt to absorb excess water. This method helps minimise friction and reduces the risk of split ends.

o Sleep on silk or satin pillowcases

Cotton pillowcases can absorb moisture from your hair and create friction, leading to tangles and breakage. Upgrade to silk or satin pillowcases to reduce friction, allowing your hair to glide smoothly as you sleep.

This simple switch can help maintain your hairstyle, reduce frizz and contribute to overall hair health.

o Regular scalp massage

Stimulating your scalp through regular massages promotes blood circulation, which, in turn, encourages hair growth. Use your fingertips to massage your scalp in gentle, circular motions for a few minutes each day.

You can enhance the experience by adding a few drops of essential oils like lavender or rosemary to nourish the scalp and relax your senses. A healthy scalp is the foundation for strong and beautiful hair.

Achieving and maintaining healthy, beautiful hair requires a combination of proper care, nourishment and protection. By following these nine expert tips, you will be well on your way to radiant, luscious locks that showcase not only your style but also your commitment to overall hair health.

Treat your hair with the love and attention it deserves and watch as it transforms into your crowning glory.