Hair prevention tips

o Here are some effective ways to stop hair fall

The Sun (Malaysia) · 23 May 2022 · 18 · Ű BY THASHINE SELVAKUMARAN

IT is common to lose a few strands of hair while combing during the day. However, when you start noticing hair everywhere in your home, it becomes a source of anxiety for some individuals. Excessive hair loss may be a bothersome issue, creating anxiety and lowering selfesteem, particularly in women. However, if properly handled, you can reduce hair fall using natural and efficient home treatments that will save your locks.

These recommendations will assist you in changing and controlling the tiny phases of your hair care regimen, which will result in larger changes and reduced hair fall and more volumising hair.

Furthermore, these hair loss prevention strategies make your hair seem healthier and more manageable, providing you an added benefit for keeping your hair. So, let's get right into these suggestions and start incorporating them into our day-to-day routine.

Scalp and oil massages

Oiling stimulates blood circulation and feeds the roots. Make it a habit to massage your hair once a week using a scalp-friendly oil. After two hours, cover it with a shower cap and wash off with a light shampoo. Always remember to warm up your hair a little before applying it to the scalp for the greatest results. However, keep in mind that doing so too frequently might result in blocked pores and acne issues. This hair loss prevention method is said to be most effective when done two or three times each month.

Do not over-wash your hair

Washing our hair regularly, or even every day, is one of the most common mistakes that we have all made at some time in our lives. Over-washing causes an overly dry scalp, which can lead to dandruff, hair loss, and hair breakage. In addition to this technique, remember to use sulphate and paraben-free shampoos to reduce your hair fall problem.

Do not skip conditioner

Make it a habit to constantly condition your hair after shampooing it, since it not only reduces frizz but also provides deep nutrients to your hair. It also creates a protective moisture layer to the hair, making it less susceptible to conditioned and environmental issues.

Deep conditioning

Deep conditioning hair masks are a great alternative to spa-like hair treatments, since they are both inexpensive and effective. Choose your products based on the outcome you want, and then use deep conditioning masks on a regular basis to deliver a heavy dose of moisture and hydration to your hair, making it seem healthier, smoother, and more refreshing than ever before. These masks also strengthen your hair naturally, resulting in reduced hair fall and breakage.

Traditional remedies

People have been utilising natural remedies to help prevent hair loss for centuries, despite the lack of scientific evidence. Natural hair growth therapies include onion juice, hibiscus leaves, coconut oil, green tea, and aloe vera. The antibacterial characteristics aid in the treatment of scalp infections, while the sulphur

component stimulates blood circulation to the hair follicles. It increases hair development and prevents hair loss.

Gentle styling

Avoid tight braids or ponytails, which can tug on the hair at the root and cause excessive shedding. Allow your hair to air dry while you're at it, to avoid aggravating your scalp. Heat styling tools, such as curling or straightening irons, can cause harm or break the hair shaft.

Diet and Exercise

Yoga and meditation can help reduce hair loss. Remember to have a healthy and well-balanced diet since whatever you eat affects the state of your skin, health, and hair. Increase your protein, zinc, iron, and Vitamin D consumption, all of which are linked to stronger hair. Consume a lot of nuts and vegetables as well, and you'll see your hair's health increasing with each passing day.

Avoid Chemical Treatments

Extensive hair treatments such as straightening, curling, and colouring are not good for your hair. Also, avoid using blow dryers and curling irons on damp hair since they actually boil the water in your hair shaft, making it brittle. If you must use a blow dryer, use the lowest heat setting possible. If you're going to use additional heatproducing products on your hair, start with a strengthening leave-in conditioner and conclude with a protective spray.

Manage your stress

Going through a difficult moment can sometimes result in hair loss. Try to avoid it by obtaining a better handle on your stress. Try meditation, deep breathing, guided visualisation, relaxation exercises, or talk to a counsellor.