-Hair

Do you blow dry your hair often? Follow these tips to curb damage

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Who doesn't love blowdried, well-styled hair! A hair dryer is often our go-to tool when we're hard-pressed for time. But, constant usage tends to put a lot of pressure on your mane. It won't be unlikely for you to notice your strands breaking out more than usual and your hair feeling dry, especially by the end of the day.

Skin and wellness specialist Dr Kiran Sethi lists a few tips to help curtail hair damage.

CONDITIONER IS YOUR BEST FRIEND

Dr Sethi believes deep conditioning is a great solution for lifeless hair, as it makes your hair more resilient. You can either visit a salon or opt for at-home treatment methods.

Pro tip: When applying conditioner, work your way through the lengths of your hair, wrap your hair in a hot towel and leave it on for a while before rinsing it off. This will give your hair that athome spa.

NEVER SKIP SERUM

A hair-protecting serum before blow drying your hair is nonnegotiable. Whenever you blow-dry your hair, apply a hair-protecting serum or spray as it can prevent hair damage to a great extent.

AIR DRY WHENEVER POSSIBLE

It's important to give your hair a break. Whenever you feel you have the time, let your hair get air dried as you get ready. If required, you can work on your locks mildly towards the end. Air drying is healthier for your hair and helps prevent hair breakage.

COLD-DRY YOUR HAIR

Try switching to cold air if your blow dryer provides you with that choice. Cold air helps your hair from getting weak and losing its radiance, and you might even experience lesser hair fall.

SAY YES TO HAIR MASKS

Use hair masks regularly if blow drying your hair is a part* of your daily regime. Hair masks provide nourishment to replenish the health of your mane.

BE MINDFUL OF WHAT YOU EAT

The most important factor for hair health and overall wellbeing is clean eating. If you binge eat processed foods, indulge in drinking and remain sleep-deprived, all the stress can show up on your hair. Go back to the basics of eating healthy. Get on a protein-rich diet for effective results.

The next time you want to use this heat-based styling product, do remember these hacks.