- Hair

SPLIT ENDS?

Here's the Main Cause

New Straits Times · 2 Sep 2025 · C19

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HEALTHY hair is a valuable asset for every individual, whether male or female. However, not everyone is fortunate enough to have perfect hair. One common hair problem, besides hair loss, is split ends.

Split ends occur when the tips of the hair become split or frayed due to damage to the outer layer, caused by several factors. Not only do split ends make hair look dull and untidy, but they can also affect one's self-confidence. Below are seven main causes of split ends that you should be aware of to take the necessary preventive steps.

One major cause of split ends is excessive use of heat-styling tools. Using devices like hair dryers, straighteners, and curling irons at high temperatures and on a frequent basis can damage the hair structure. Too much heat strips the hair of its natural moisture, making it dry, brittle, and prone to splitting.

Frequent hair colouring or straightening can also lead to split ends. The chemicals found in hair dyes and straightening products can weaken the hair's outer layer (cuticle). When hair is repeatedly exposed to such chemicals, it becomes fragile and easily split due to the loss of its natural strength and protection. In addition, hair requires nutrients such as protein, iron, and vitamins A, C, and E to remain healthy. An unbalanced diet or lack of water intake can cause hair to become dry and lifeless, making it more susceptible to split ends.

Although washing your hair is important, doing it too often can strip away the natural oils on the scalp that help keep hair moisturised. Hair that lacks these natural oils becomes rough and prone to splitting. Using hair care products that are not suitable for your hair type can also have negative effects. Some shampoos contain harsh chemicals such as sulphates and alcohol, which can dry out the hair, making it weak and more likely to split.

Tying your hair too tightly, brushing it roughly, or sleeping with your hair down and unprotected can cause friction that damages the hair. Over time, this weakens the hair strands and causes the ends to split. For some women with long hair, not trimming the ends regularly can also lead to split ends. Hair that is not trimmed for a long period is more likely to develop splits. Trimming the ends every 6 to 8 weeks helps maintain healthy-looking hair and prevents the splits from travelling further up the hair shaft.

In conclusion, split ends are caused by various factors, including lifestyle habits, hair care routines, and diet. By understanding these main causes, individuals can take appropriate steps to protect their hair from damage. Consistent hair care and the use of suitable products are essential to maintaining healthy, shiny, and split end-free hair.

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