

Naturally Healthy Hair Wisdoms

Have you ever wondered why some people have beautiful hair that is shiny, full of curls and never looks out of place? Why don't I, and what can I do to achieve that healthy hair we all desire?

Why not try a Naturally Healthy Hair Makeover. Surprisingly it's not all that hard to achieve. All you need to do is learn a few Naturally Healthy Hair Secrets then add a little @ home maintenance.

Naturally Healthy Hair Is Hydrated Hair

Drink, drink, drink plenty of water. Drinking water hydrates the body, skin and it also hydrates the hair.

Sleep Healing

While we are sleeping our body is working at its maximum capacity to repair damage within all its' systems, including any hair damage, so getting proper sleep is a must. To further assist your hair in achieving its optimum health, try sleeping on a satin pillowcase or using a satin sleep bonnet. This will keep your hair from drying, rubbing out as you sleep, and helps control static and fly away hair.

Eating for Nutrients

Eating a well-balanced diet full of healthy proteins, lots of vitamin and minerals will keep your hair growing and glowing. Just to mention a few benefits; your skin, hair and your waistline will look and feel better than ever before!!

Great Hair entails a Great cut

Getting a professional haircut will ensure that your hair is free from split ends, comb, chemical, or heat damage and this regular maintenance will keep your hair looking and feeling Naturally Healthy. Seeing a Natural Hair Professional will also give you the opportunity to get the proper cut for your hair type, texture and curl pattern. Follow up visits which include regular trims will also guarantee that your hair will perform its best.

Moisture Monsoon

Try a penetrating intensive conditioner once a week to keep your naturally curly locks soft, manageable and moisturized. A simple wisdom: to get the most from your intensive-deep treatment, after cleansing the hair apply treatment to your hair then cover with plastic wrap or a plastic shower cap if available sit under a heated dryer for 10-15 minutes before rinsing out allow hair to cool down by removing plastic. Rinse hair in tepid to lukewarm water.

Product Build-up

Use no more than two products at one time on your hair. Product build-up will weigh your hair down and make it look tired and greasy. Here is a simple wisdom: One product to style (ex. leave-in conditioner) and one product to finish with (oil or moisturizer).

Heat Styling Warning!

If you use a heat tool to style your hair; such as a hair-dryer, flat iron or curling iron, then make sure to apply a heat protection product first. Heat styling tools can zap your hair of moisture and leave your hair strands frayed, frizzy and hard to manage.