

S.O.S Hair

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The sun, sea baths, the hot sand - this is what love summer. Our hair, on the contrary. When you need them to leave intensive regeneration.

After the vacation you have been a beautiful tan, photos, and coarse hair? We will suggest you what to do to make them glow was the same as before the leave.

Moisturizing, moisturizing, moisturizing ... Remember to protect your eyes, lubricate body cream with filters, with hair somehow forget, and for their care are special series of "summer" with filters and substances protecting against dehydration. We love to swim, dive, dive in the water from head to toe. Hair do not like, especially salty seawater. Dyed hair, especially after such a bath in the sea become dull and faded. Hair illuminated by the sun also does not look attractive, especially if you are dyed in dark colors. To get rid of these memories years, best to go to the hairdresser for professional hydrating treatment. You should also think about the split ends and undercut the subtle shape of the hair refreshed. The damaged hair, you can also take care in the home, during daily care. Remember to wash your hair in lukewarm water, heat, stimulates the sebaceous glands to work. Do not pour shampoo directly on the hair, the better, first pour in recess cosmetic hand and dilute with a little water. On towel dried hair after each washing, apply conditioner or mask.

Head will also help eliminate dry hair shampoos, moisturizing conditioners and masks. As long as the hair does not regenerate, remove the curlers and straightening. However, if you use the dryer is a necessity, we must remember that the stream of air directed at the hair was not too hot. Hair should be kept at a distance from the head (approx. 25 cm) that does not unnecessarily dry hair. Dry squarros shed not a decoration.

Unruly, coarse hair with the help will come balms and moisturizing conditioners.

On damaged hair will also help mask household.

• banana mask - a mask for the implementation will require a medium-sized banana, 2 tablespoons of natural yogurt, 2 teaspoons oil, 1 / 4 teaspoon lecithin, 1.8 teaspoon of honey, 2 tablespoons of evaporated milk. Mix ingredients in a blender to obtain a homogeneous mixture. We put the washed, damp hair and leave for at least 15 minutes (preferably, to be absorbed by the components of an hour). Hair foil and a towel to keep warm. Washed with warm water and mild shampoo.

• honey mask - olive - Mixes 2 tablespoons honey and 3 tablespoons of olive oil. We put the mask on for 15 minutes. Head wrapped in foil and a towel.

• Lemon rinse - washed her hair with lemon juice glaze. After several minutes, rinse. After drying, the hair will be shiny. The procedure can be repeated every two weeks.

An important element that helps in recovering the splendor and vitality of hair is properly composed diet, rich in vitamins and microelements. Will also help food supplements composed according to the needs of hair and nails.