Keep Your Cool: Grab This Summer Hair-Health Remedy From the Fridge

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Beyond the opportunity to have more fun in the sun, summer also brings intense, dry heat that can often wreak havoc on your hair. Before you know it, shiny, healthy locks can turn into dull, dry and frizzy hair. But with just two ingredients probably already in your refrigerator and some instructions from DailyGlow.com, you can get and keep bouncy and beautiful hair all through summer's drying heat.

What you'll need: One ripe avocado, one small jar of mayo.

Here's the recipe:

Fill a small bowl with a full jar of mayo.

Slice an avocado in half lengthwise. Twist the halves in opposite directions to pull apart. Then scoop out half an avocado into a bowl and mash up well.

Add mashed avocado to mayo, stirring thoroughly.

Apply the deep conditioning mixture to hair, from roots to tips. Put on a shower cap or cover and let it sit on tresses for 20 minutes.

Rinse thoroughly with a mild conditioner and cold water.

Yep, that's it!

Apply the treatment to your hair about once each week during the summer months for touchably soft strands and lustrous shine.

Ready to shop in your pantry for more DIY hair-health tips? Click here for more ways to use common foods to liven up summer hair.

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http://beta.docker.realhealthmag.com/article/Summer-Hair-Health-20461-6147