

Black Hair: If It Ain't Broke, Keep It That Way

December 21, 2010

Daily styling can break the delicate strands of African-American hair. While there aren't any magical solutions, adding these Livestrong.com tips to your hair care regimen can minimize hair damage.

Use moisture-rich shampoos and conditioners. This one-two defensive punch prevents dry hair. What's more, conditioners seal moisture into the hair and make it less likely to break from brushing. Have relaxed hair? Wash tresses with an extra-moisturizing shampoo at least once a week.

Comb hair during the conditioning process. Why? Because when fragile black curls are slathered with conditioner, the hair is wet and slick and less prone to breakage. Also, conditioner combed through hair ensures the product is properly distributed.

Avoid too-tight hairstyles and accessories. Remember, excessive pulling on delicate black tresses can cause hair loss around the temples.

Take extra-special care of relaxed hair. This means don't use harsh chemical relaxers. And relax hair only once during a 10- to 12-week period. While it may make hair more manageable for day-to-day styling, relaxing can be very drying and damaging to black hair.

Feed black hair well. Eat protein-rich foods to feed the hair follicles from the inside out.

Snip off the bad stuff. Trim your hair every six to eight weeks to get rid of dried and split ends.

Avoid excessive hair styling maneuvers: Don't overdo brushing and combing or pulling and tugging on your tresses. Instead, finger comb those locks. Treat your hair gently at all times, and don't rush through your daily styling process.

Click [here](#) to learn the most common reason for African-American women's hair breakage problem.

