Chill Out: Don’t Let Cold-Weather Hair Damage Concern You

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Your tresses are extremely sensitive to climate changes, including dropping temperatures, extreme weather conditions and even humidity. These changes can cause hair to experience unhealthy static, dryness and frizz. But no matter what your weather-related hair issues are, WXIX-Fox 19 offers tips to help keep hair healthy when temperatures cool down:

Deep condition. Apply an intensive conditioner once a week. The protective ingredients relieve frizz and static caused by humidity.

Treat strands with TLC. Rub a few drops of serum on hair ends to give it a healthy shine as well as protect against static frizz.

Think before you blow it. Towel-dry hair before turning on the heat. This makes the hair easier to style and reduces damage from the blow-dryer.

Click here to learn how a dermatologist can help treat your hair problems.

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http://beta.docker.realhealthmag.com/article/coldweather-hair-tips-19102-1498