Dried Out?

Try these thirst quenchers.

March 1, 2013 By Gerrie E. Summers

Don’t use moisturizers that have water listed as the first ingredient.

Use oils and serums over creams, butters and masques. The latter are water-based products, which can eventually dry out the hair.

Use light, natural-based serums formulated with organic or natural ingredients. Some natural oils you might try include shea, olive, argan, jojoba, avocado and coconut oil.

Give yourself a massage to relieve a tight scalp and to stimulate blood flow to the roots. Use an oil to moisturize, condition and strengthen the hair follicles.

Depending on your hairstyle, brush hair at least once each week using light oil. Brushing helps distribute oil and is good for the hair and scalp. Caution: Don’t saturate the hair with oil.

If your ends are dryer than your scalp (especially those with braided styles or locs) apply a serum starting at the ends. Gently massage in oil, working your way up to the scalp.

Apply serum or moisturizer before wearing cotton, wool or other drying materials that come in contact with the hair.

Avoid daily use of hot tools. If you must style hair with a heated tool, never set the device at the highest setting; doing so risks drying and burning the shaft of even thick or coarse hair.

Deep condition the hair at least every two weeks; infuse conditioners with a few drops of natural oils.

Wrap hair with a silk or satin scarf to keep tresses from drying out.

Avoid cotton pillowcases. Cotton rubs against the hair cuticle, opens the shaft and exposes it to frizz and splitting.

If you are not sure of your hair texture and what products will be best, consult a professional.

Source: Tips provided by Toni Love and Athena Solomon

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