Coax Color-Damaged Black Hair Back to Health

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It’s common knowledge that black hair is drier than other types of hair, which makes it more prone to damage. What’s more, the more heat styling, chemical processing and coloring that black hair is exposed to, the more moisture it loses. But these tips from Livestrong.com can help you not only repair hair that’s damaged from these processes but also maintain your color-treated tresses.

Wash hair every other day with a nourishing shampoo that doesn’t contain sodium lauryl sulphate but is specifically made for damaged color-treated hair. (Sodium lauryl sulphate fades color and strips hair of its natural oils.) Hair extremely damaged? Use a reconstructive shampoo.

Follow shampoo with a leave-in conditioner that offers heat and styling damage protection. Simply spray a generous amount of product on damp hair and comb it through.

Treat tresses to hair gloss or shine spray for color-treated hair. This product nourishes hair, provides a natural sheen, enhances color and protects hair from environmental damage. Smooth it through hair and blow-dry or style as usual. (If your strands are extremely damaged, let hair air dry whenever possible because heat styling can increase damage.)

Once a week, nourish hair with an after-shampoo deep conditioner or mask. These conditioning products contain concentrated nutrients that stay on hair longer than regular conditioners. The big benefit? They help repair damage.

Click here to learn how to protect color-treated hair from the sun.

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http://beta.docker.realhealthmag.com/article/hair-damage-color-20032-1625