# Skip Hair Breakage When Heat Styling

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At this point, every sista and her grandmother knows that blow-dryers, flatirons and any other heat styling tool can do major damage to African-American hair, not to mention contributing to next-day frizz. But what's a gal to do if she wants to use these tools to rock a 'do for a special occasion? Answer: Check out these tips from NaturallyCurly.com to help you avoid breakage and damage to your tresses.

**Don't overuse these tools.** The idea is to use them only on special occasions—or maybe once or twice each week. And when you do use them, steer clear of too-hot settings. (Special alert: Chemical treatments and coloring, such as highlights, also contribute to dry strands that snap easily.)

**Do keep strands moisturized.** That's right: Healthy well-maintained hair responds better to heating tools and bounces back easier after they're used. Create a good regimen to moisturize and protect your tresses every time you style. Also, treat hair to natural healing oil treatments after you use a flatiron. These can help replenish your hair's moisture and counteract dry out and damage from heat styling.

**Use heat protectants.** These leave-in conditioners or styling products contain special chemical ingredients designed to prevent damage from heat-styling tools. But this doesn't mean it's OK to use heat styling every day. Go back to the first tip and read it again then use that as a guideline for all situations.

Did you know that natural oils can also help you avoid hair breakage? Click here to read about natural oils that do just that.

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