# Stop Split Ends Before They Start

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Daily styling to achieve the perfect look can be hard on you hair. The end result is often a head full of frizzy locks with split ends. These hair care tips from DailyGlow.com can help prevent this unsightly and unhealthy hair damage.

**Don't shampoo daily.** Cleansing hair every day strips away the natural oils that keep your hair and scalp healthy. And when you do shampoo, it's important you always follow with a conditioner to improve hair strength and increase shine.

**Don't rub hair dry.** Instead, wrap hair in a towel. Why? When wet, hair is more fragile, elastic and more likely to break.

**Don't brush wet hair.** Doing so can stretch strands to the breaking point. While hair is wet, comb it gently with a wide-tooth comb or wait until tresses are dry before you comb or brush.

**Don't blow-dry hair that's completely wet.** Wait until strands are partially dry before you blow-dry or use a curling iron. High heat on wet hair causes the water in the hair shaft to heat up; this weakens hair fibers and makes strands more breakage prone. And if you use a curling iron, avoid damage by placing it on hair for only a second or two.

**Don't overbrush.** Too much hair brushing damages hair by stripping away the cuticle. The result? Split ends.

**Don't overprocess.** Hair coloring, perms and relaxers contain harsh chemicals that can damage hair fibers. If these products are applied too often, they can result in dull, frizzy, breakage-prone hair and lead to split ends.

**Don't risk overexposure to the sun.** Soaking in too much of the sun's rays can lead to dry, weak and brittle hair. Protect hair tresses by wearing a wide-brimmed hat on sunny days.

**Don't use plastic or metal hair ties.** Instead, pull hair back with elastic or fabric hair accessories to avoid breakage.

While these tips help prevent split ends, if you already have splayed strands, use a leave-in conditioner to temporarily mend damage. And cut back on hair styling until tresses are healthy again, or visit your stylist for an ends-fixing trim.

Click here for more tips on caring for damaged black hair.

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http://beta.docker.realhealthmag.com/article/hair-split-ends-20221-2223