

SIMPLE STEPS TO REPAIR DAMAGED HAIR

One of the many great things about summer is that its casual vibe allows you to wash and go, giving your hair a much-needed break from abusive heat styling...

One of the many great things about summer is that its casual vibe allows you to wash and go, giving your hair a much-needed break from abusive heat styling. But when winter returns, most women bust out the hair dryer and flattening iron. You're more likely to load up on treatments such as hair coloring and chemical straightening in the winter months-especially around the holidays. Following are the two most common types of damage and simple steps for nursing your mane back to health.

Chemical Damage

Too many chemical treatments, like highlights and hair straightening, sap strands of natural moisture, leaving them dull and brittle. Chemicals penetrate into the hair and eat away at the protective lipid layer, which is what keeps your locks nourished and glossy.

How to heal: Do a steam treatment once a week to help open the cuticles and let your oil really seep in to rehab your hair. Here's how: Microwave a big bowl of water for three minutes, then put on rubber cleaning gloves to prevent your hands from getting burned. Quickly dunk a medium-size towel into the bowl, wring out excess water, let it cool for a few seconds, and then wrap it turban-style around your hair. After five minutes, rinse.

Heat Damage

Hot tools such as hair dryers and curling irons fry off your hair's cuticles, the first line of defense against dryness, leaving the cortex exposed. The parched cortex is left no choice but to soak up moisture from the air to compensate, causing frizz. And if you continue using hot tools on damaged hair, it will become even more brittle and eventually break off completely, warns Dr. Raksha.

Repair Your Hair

How to heal: Ayurveda, India's oldest healing science is very effective when prescribed with emphasis on the right food & living habits. Natural herbal remedies & pure herbs help to balance body doshas. Indian herbal cures & alternative medicine treat disease from its root cause.

Ayurvedic Herbal health care products and medicines, have been successful in tapping the incredible benefits of ayurveda in the form of natural, alternative care and herbal remedies. Hair care products are made from natural, healthy herbs.

10-Second Healthy-Hair Test

Pluck a strand from your head and drop it into an eight-ounce cup of water. The faster and deeper it sinks, the less protein and moisture it has. If your hair floats, it's healthy.