

Products To Use For Mixed Hair

- Sturdy, wide tooth comb
- **Cantu conditioner**
- **Satin cap**
- **Cantu curl activator**
- Scrunchies
- **Shea Moisture Curl Enhancing Smoothie**
- **Kinky Curly Curling Custard**

How To Hydrate Your Hair?

A. Choose The Right Products

You can use products that have ingredients to hydrate and moisturise your hair.

Avocado, coconut, olive and almond oils; aloe vera, shea butter and glycerine can help hydrate and moisturize your hair.

Ensure your conditioners include some of these ingredients too in order to lock the water content in your hair.

B. A Shampoo That Hydrates

A good way to hydrate your hair is to use a hydrating shampoo that can clean your hair without stripping it of its natural oils. It needs to leave your hair strands with humectants that lock in the moisture from your conditioner and leave in serum.

C. Argan Oil

Oils contain ingredients that help soften the hair strands and aid absorption of the oil to hydrate and nourish it. This wonder oil is loaded with antioxidants that prevent hair damage. It is an ingredient in several shampoos, leave-in serums and conditioners. For added benefit, take a few drops of argan oil and apply on your hair to give it sheen and moisture.

D. Coconut Oil

Coconut oil contains lipids that soften the outer layer or cuticle of the hair. Once softened, the oil can be absorbed by the cortex and the medulla, giving the hair shine and hydration. It also helps reduce frizziness in dry or curly hair.

E. Almond Oil

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This oil has vitamin E and proteins that nourish and strengthen the hair strands by bringing the cells of the cuticle closer. It may even help in preventing breakage. Rub a few drops on your palm and run it through your hair or mix with any hair conditioning mask.

F. Use A Spritzer

You can make your own hair spritzer, which is a blend of aloe vera and rose water. Spray on clean hair every day for regular hydration. It can even be used on the scalp to promote healthy **hair growth** and to protect your strands from the sun.

G. Shampoo In Moderation

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If you wash your hair too frequently, you are likely to dry it further. Use a shampoo specifically for dry hair. They may contain humectants like aloe vera or apricot oil, which retain the natural moisture in your hair while hydrating it. Avoid transparent shampoos as they are designed for oily hair type. The creamy ones are mostly designed for dry hair.

H. Condition Right

Be generous with your conditioner as it hydrates your hair thoroughly. In fact, you can wet your hair and apply a hydrating conditioner without shampooing it on the days you don't wash it. Your hair gets hydrated and your scalp feels clean with the water rinse.

Change your conditioner according to the weather. You will need a cream-based one with deep conditioning ingredients in winter and a milder one in summer.

I. Use Sun Protection

You should use a leave-in hair spray or serum that offers protection from the UV rays of the sun. You can also dab a little Vitamin E oil (natural sun protectant) on your hair or a conditioner if you are going swimming and wear a swimming cap. If you are going to be out in the sun for long, wear a hat, a cap, or a scarf.

J. Nourish With Masks

Deep conditioning treatments for your hair are a very effective way of hydrating them. From eggs to honey, avocado, olive oil and curds, you can find ingredients in your kitchen to hydrate dry hair. Mix the ingredients into a paste, apply and wash off after 15-20 minutes.

K. Rice Water Starch

Once you strain the water after cooking rice, rinse your hair with it to strengthen the strands. Rice water has an ingredient called inositol, which hydrates hair all the way to the core and repairs damage. Refrigerate overnight and use even daily for severely damaged hair.

L. Hair Serums

Use hair serums and leave-in conditioners. These help to undo the damage caused by chemical hair treatments. Some leave-in conditioners need to be applied on wet hair while some can be applied on semi-dry hair.

How Often Should I Hydrate My Hair?

Ideally, you should hydrate your hair with a mask or a deep conditioning treatment at least once a week. But, every time you shampoo your hair use a leave-in hydrating