**To Trim and not to Trim**

**What is it?**

Trimming is to cut away irregular or unwanted parts of your hair. You can even say, cutting off your split ends. Most people think of a trim like cutting at least half of an inch of hair off the ends of your hair or more.

**How often?**

As a licensed cosmetologist I recommend getting a trim at least every three to six months. Depending on whether you use a lot of heat on your hair, have color or highlights in your hair, or you have dry damaged ends, you might want to trim your hair sooner.

A person cutting hair with scissors

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**Split Ends…**

If you have bad split ends and you don’t want to cut them all off at once, so you just get a trim, I recommend you do something called dusting. Dusting is when you cut less than half of an inch off the ends of your hair. I recommend this at least once a month to help get rid of the split ends but also preserve the length as much as possible. Some people refuse to cut off all their split ends or dead ends at once, so to preserve their length, a stylist might suggest hair dusting until all the split ends are cut off.

A person holding a hair straightener

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**Professional or at home?**

My recommendation is to get your hair trimming and dusting professionally done. Stylists and Barbers have professional shears (scissors) made to cut your hair properly. Shears/scissors that aren’t sharp enough can cause your hair more damage. You can also cut too much or not enough.

A person holding a pair of tweezers

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**Benefits of a Trim**

Getting a trim can help with the health of your hair. The ends of your hair are the oldest part of your hair and over time can become dry, damaged or split. A trim can help with this.

Styling can become easier. When you have dry or damaged ends, this can cause tangles in your hair and make it hard to comb or brush through. Your detangling process can be shortened when you get your ends cut.

Most people get their hair trimmed once a year for a few reasons. As a licensed professional my suggestion is to get your hair trimmed every 3-6 months. If you have split ends but you want to maintain your length, let your stylist know so they don’t cut off too much. Let a professional take care of this service so you will get the look and length you desire.

A person cutting hair with scissors

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