

# Tips to Stop Frizzy Hair This Summer

We've officially entered summer days, and as we know, summer is the season of frizzy, dry and poufy hair, but don't worry we've got some effective tips for you to enjoy this summer with your best healthy hair look.

## 1- Choose the right Shampoo

There are plenty of different types of Shampoos, choose yours wisely, the right one should be sulfate free and has glycerin as it helps moisturizing and softens your hair, it also creates a protective layer on your hair to prevent the humid from causing any damage to the hair cuticle.

## 2- Try a hair mask

Another important step to make your hair look healthy, soft and have no frizz, is hydration. Apply hair mask once or twice a week in the shower and you'll be amazed by the results, also remember that, Healthy hair is a soft hair.

## 3- Trim your ends

Split ends can contribute to a frizzy look, make sure to visit the salon every two months for a trim, and if you're too busy or lazy, you can trim them at home, it's easy and won't take time. Also you can use a wide tooth comb in the shower to lessen breakage and keep your ends smooth.

## 4- Apply conditioner

Next up is the conditioner, you'll probably need to get one with glycerin or Argan oil, because they're going to moisturize your hair and give you the look want this summer, make sure to apply it once a week and if you're worried about weighting you hair down, you can only apply it to the lower parts avoiding the roots.

## 5- Style your hair while it's wet

Your hair is the softest when it's sopping wet, so make sure to brush it after the shower and you can also use a styling cream to make it easier, but styling your hair after you dry it out will give you nothing but frizz and split ends.

## 6- Don't touch your hair

We all play with our hair unintentionally and sometimes out of anxiety, but let me tell you, if you want a better hair this summer, you should break this habit now, as friction can rough up the hair cuticle and cause frizz.

### **7-Use a silk pillowcase**

This may sound weird, but silk pillowcases are proven to be great for hair and face, they help make hair less frizzy and more soft, you can also make a bun, tie a silk scarf around it and sleep, this will help you retain moisture.

### **7- Heat free style**

Finally, Summer is here and we know you want to look fabulous, but straightening your hair in this humid weather will make it more dry and uncontrollable, the best thing you can do is to let your hair be natural, with the previous tips mentioned, you'll have shiny, soft and healthy hair this summer.