



Deep Conditioning 101: How to help Repair and Care for Bleached Hair

Essential Guide to Repairing and Caring for Bleached Hair

Bleaching your hair can be a thrilling way to change your look, but it can cause the hair to become dry, brittle, and prone to breakage. Whether you've gone platinum barbie blonde or simply added a few sun-kissed highlights, bleach strips your hair of its natural pigment, protein, and moisture. The good news is that with a little extra TLC, your hair can bounce back in no time. Establishing a good hair care routine with consistent deep conditioning treatments can help restore moisture and give your new look the extra care it needs to stay strong.

In this guide, you'll learn the essentials for taking care of bleached hair, including expert deep conditioning tips and the best products for restoring moisture, help repairing

damage, and preventing future breakage. We'll also share some tried-and-true deep conditioning treatments, from our favorite brands like Pantene, Aussie, and Herbal Essences. Read on to learn more about how to help repair and take care of your bleached hair.

How to Take Care of Bleached Hair: Common Mistakes to Avoid

Bleached hair requires special care to maintain its health. A common mistake that can damage bleached hair is shampooing too often. Over-washing may strip the hair of its natural oils, making it vulnerable to dryness as you increase the time between your washes you may want to consider double shampooing to help remove the dirt and oil on the scalp.. To replenish lost moisture, aim to wash your hair two to three times a week with a sulfate-free shampoo for color-treated hair, like [Pantene's Illuminating Color Care Biotin Sulfate Free Shampoo](#). Another common mistake for those with bleached hair is excessive styling with hot tools, which can worsen bleach damage. Use a good heat-protectant spray, like [Herbal Essences Argan Oil & Aloe Sulfate-Free Heat Protectant](#), when styling with hot tools is necessary. Lastly, avoid bleaching the hair too often. Bleaching the hair too frequently can lead to severe damage, so make sure you allow time for your hair to recover between sessions or touch-ups.

Deep Conditioning: The Key to Help Repairing Damage from Bleaching Hair

Think of deep conditioning as the hair's top restorative treatment. It's the ultimate reset for bleached strands because it penetrates the hair shaft, replenishes lost moisture, improves elasticity and adds deep hydration where it's most needed. For the best results be sure to follow the instructions on the product package but consider deep conditioning one to two times a week,

depending on your wash routine and how damaged your hair feels.

How to Deep Condition Hair the Right Way

Follow this step-by-step guide on how to properly deep condition hair:

1

USE THE RIGHT PRODUCT

Choose a deep conditioner that suits your hair concerns. For dry or damaged hair, look for products rich in moisturizing ingredients, like shea butter or argan oil. For fine hair, use a lightweight formula to avoid weighing down the hair.

2

CLEANSE YOUR HAIR

Begin by washing your hair with a gentle shampoo to remove dirt, oil and product buildup.

3

TOWEL DRY

After rinsing out the shampoo, squeeze out excess water until the hair is damp, but not soaking wet.

4

APPLY DEEP CONDITIONER

Apply a generous amount of deep conditioner to your hair, focusing on the mid-length to ends. Use a wide-tooth comb or your fingers to distribute the product evenly and detangle your hair.

5

COVER AND WAIT

Cover your hair with a shower cap or a warm towel. Leave the product on for 10 to 30 minutes, depending on your hair condition and the product instructions.

6

RINSE WITH COOL WATER

After the allotted time, rinse your hair thoroughly with cool water.

Pro Tip: Alternate between moisture-rich masks and protein-based treatments to maintain a healthy balance. Overusing either may disrupt your hair's natural needs.

Best Deep Conditioning for Bleached Hair and Must-Have Products

Deep conditioning should be a regular part of your hair care routine, especially if you have bleached hair. Look for products with key ingredients like keratin, coconut oil, shea butter and hyaluronic acid to help restore hydration in bleached hair. Here is a lineup of deep conditioning treatments that may be effective for your hair's concerns and needs:

1

BEST HYDRATING CONDITIONER

[Pantene Miracle Rescue Deep Conditioning Hair Mask](#)

2

BEST LEAVE-IN TREATMENT

[Pantene Miracle Rescue Keratin Leave-In Repair Treatment](#)

3

BEST FAST-ACTING TREATMENT

[Aussie 3 Minute Miracle Moist Detangling Deep Conditioner](#)

4

BEST REPAIR MASK

Herbal Essences Argan Oil & Aloe Repairing Mask

FAQ

How Do You Take Care of Bleached Hair?

Use sulfate-free, moisturizing products, limit heat styling, avoid excessive washing, and deep condition regularly.

How soon after bleaching should I start deep condition?

Right away. Bleach strips the moisture and protein from your hair, so it's best to start using a deep conditioner after your first post-bleach wash.

Is it possible to use protein treatments too often?

Yes. While protein is good for rebuilding the hair, overusing it can lead to stiffness or breakage. Alternate with moisture-based masks to keep your hair balanced and healthy.

Do I need different products in the summer?

Yes, depending on what environmental stressors your hair is exposed to you should use different products based on the season. In the Summer, your hair may be exposed to more UV rays, saltwater, and chlorine, so look for products with UV protection and hydrating ingredients to offset environmental stressors.