

# Tips To Reduce Hair Damage

Hair damage, the bane of every girl's life. Damage that's already been done can only be repaired to a certain extent, depending on the damage. BUT you can protect your hair from future damage, and use products that work to nourish your hair from the inside, reducing the look of damage, making your hair healthier and shinier. So, keep reading and see our tips that will hopefully help you care for your damaged hair.

## Tip 1:

Use good products that will actually nourish and protect your hair. A good product range is the Dove Intensive Repair Shampoo and Conditioner and the Dove Intensive Repair Treatment Mask (use the mask about once a week).

## Tip 2:

If you have dyed hair, use products that are specifically for colour-treated hair. We recommend the Dove Colour Care Shampoo and Conditioner. that are not specifically formulated to treat coloured hair can strip your hair of it's colour making it look full and, in the case of blond tones, make your hair appear brassy.

## Tip 3:

Don't brush your hair when it's wet, as this can cause breakage. Rather use a wide-toothed comb or paddle brush.

## Tip 4:

Whenever you are styling your hair with heat (e.g. blow dryer or hair iron), use a product designed to protect your hair from heat. We suggest you use a heat defence spray. The TRESemmé Heat Defence Styling Spray Is a good product for this purpose.

### PRODUCTS YOU NEED



Dove Intensive Repair Shampoo



Dove Intensive Repair Conditioner



Dove Intensive Repair Express Treatment Conditioner



TRESemmé Heat Defense Styling Spray

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