

## Hair Treatment

If you have damaged hair, you are probably always on the lookout for a hair treatment to get your hair in better shape. What you should know is that you can't really repair hair that is already damaged. You have to get the bad stuff trimmed off and then make sure you take care of the hair that is still healthy. There are a few ways you can do this, and some of them are easier than you may have thought.

The best hair treatment is to make sure you use a good shampoo and conditioner if you experience damage easily. If you don't have this problem, you can skip the salon stuff, but if you have fragile hair, you should do your hair a favor and baby it a little. Salon shampoos and conditioners are made of higher quality ingredients and have lathering agents that are easier on your hair. You can also find deep conditioning hair treatment in your salon, and these can be great. If you want one of these, go in and ask for a protein treatment. I don't know if they help in the long term, but they sure leave my hair feeling silky and smooth.

You don't have to go to a salon to get a good hair treatment though. You can do it at home with a few simple ingredients that are good for your hair. I once used a mix that included an egg, olive oil and a mashed banana. I think there was another ingredient but I can't remember what it was now. I mixed them together and used it as a hair treatment. I applied it to my hair and wore a warm towel around it for an hour. After that, I rinsed it out. It helped my hair so much. If you want to try this, just remember that it might be hard to get out if you have curly hair. I had to wash my hair a few times to get all of it out. However, it worked so well it was worth it for me.

You can also use a hair treatment like V05 if you want, and these types of treatments do tend to help. The secret is to follow the instructions and to do it on a regular basis. No matter what type of hair treatment you want to use, just make sure you keep up with it. It will help your hair to remain healthy and will help protect against damage. Just remember there is no way to completely stop damage, and you will still need to get regular trims to keep your hair looking its best.