

Unique Tips To Have Shiny Hair

Healthy, shiny hair always attracts everybody towards the beautiful condition of your hair. It shines as a sign of beauty and life; and anything that has the amalgamation of both, allures all towards him/her. You may find people around you who have natural hair. For them, maintaining the shine in their hair is quite easy because they are not frizzy at all. There are some with slightly wavy hair and even curls. For them, taking care of the health and shine of their hair is not a very easy task. They have to use natural, herbal products from the market to try and avoid their hair getting dull and frizzy. Beautiful hair has a bouncy, light feel that gives a refreshing touch to your personality and in order to acquire a persona similar to what I just mentioned, I would like to give some good tips \:

Taking extra care of your hair is a must if you want them to bounce off and shine. Being too rough on hair such as brushing your hair a hundred times is definitely not a good idea. Use a brush that helps in spreading natural oils. This will give your hair more shine. Similarly, it is not a good idea to brush wet hair. Your hair, when combed wet, will break more and will become frizzy.

It is best to move from bottom to top when brushing your hair. Keep away from combing your hair from top to bottom in order to avoid breaking your hair. People with frizzy hair have hair tangling problems which can be treated by using nice conditioners. After washing your hair with a conditioner, your hair tends to become soft and shiny. In order to keep the shine in your hair, it is better to use hair straighteners and heat appliances once in a while. Do not over use such appliances because these make your hair weak and dry.

As mentioned earlier, hair needs to be fed properly with nutrients. It is necessary on our part to have a healthy diet. Our hair is a dead protein that needs to be fed with proper diet. People who go through extensive diets to lose weight shall notice that their hair keeps losing the vigour and shine it once might have had. When it comes to protein, our diet should comprise of appropriate percentage of protein as this essential nutrient has a massive impact on the condition of our hair. It strengthens our hair and combats against hair fragility and dullness.

To toughen our hair, we need to include proteins and vitamins in various forms in our daily diet. Apart from the routine proteins, we also need to eat green vegetables and fruits. Some fruits and vegetables contain the necessary iron and vitamin E which can result in better, shiny hair.

Another way to bring the shine back to your hair is to eat fish. Fish contains omega 3 and omega 6 fatty acids which are necessary to strengthen your hair and make them shiny. If you are not a fish lover, you can add fish oil capsules in your diet in order to make your hair shine more. Fish has double fold benefits; it is low in fats to keep body healthy and has the necessary nutrients for hair shine and style.

Also, a blend of oils, yoghurt and egg can be applied for sometime before a shower and after that you will feel the enhanced volume and shine in your hair. Avoid using hot water as it damages the natural oils in your hair that should not be removed from it at all.

Water and good diet is good for your body and hair health, on contrary, smoking is injurious to your physical and hair health. Caffeine is the culprit that dries the shine of your hair. Shiny hair does not grow overnight; it needs good diet as well as healthy lifestyle and habits.

About the Author

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