

## Nutrition and Hair Care for Strong and Shiny Locks

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### DESCRIPTION

Hair is often regarded as one of the defining features of appearance, and taking care of it should be a priority. However, in the midst of busy lives, it's easy to overlook the essential aspects of hair care. This comprehensive guide aims to provide with the knowledge and tips necessary to maintain healthy, luscious locks. From understanding the hair type to implementing a solid routine and exploring effective treatments, this guide will unlock the secrets to achieving and maintaining gorgeous tresses. When it comes to personal grooming, one aspect that holds significant importance is hair care. Hair not only adds to physical appearance but also plays a vital role in enhancing the confidence. However, maintaining healthy and lustrous tresses requires consistent care and attention. This article discusses about the tips and techniques to keep the locks in optimal condition. One fundamental aspect of hair care is ensuring proper cleanliness. Regular washing is crucial to remove dirt, excess oil, and product build-up from the scalp and hair. However, it is essential to strike a balance as over-washing can strip the hair of its natural oils, leading to dryness and brittleness. Depending on the hair type and lifestyle factors, aim to wash the hair every 2-3 days using a mild shampoo suitable for hair texture. Conditioning is another vital step in an effective hair care routine. Conditioners help to restore moisture, nourish the hair follicles, and prevent breakage. Apply conditioner from mid-length to the ends of the hair, focusing on the damaged or dry areas. Leave it on for a few minutes before rinsing thoroughly. For those with oily hair, apply conditioner sparingly to avoid weighing down the hair. To maintain healthy hair, it is essential to avoid excessive heat styling. Frequent use of hot styling tools like straighteners, curling irons, and blow dryers can cause significant damage to the hair cuticle, resulting in dryness, split

ends, and breakage. Whenever possible, opt for air-drying the hair or use the lowest heat setting on the styling tools. Additionally, always apply a heat protectant spray before using heat styling tools to minimize damage. Regular trimming is a simple yet effective way to maintain healthy hair. Trimming every 8-12 weeks helps to eliminate split ends and prevent them from traveling up the hair shaft, leading to further damage. By getting rid of the damaged ends, the hair will appear more vibrant and healthier. When it comes to hair care, proper nutrition plays a crucial role. A well-balanced diet that includes essential vitamins and minerals promotes healthy hair growth. Incorporate foods rich in biotin, vitamin E, vitamin C, and omega-3 fatty acids into the diet. Foods such as eggs, nuts, spinach, citrus fruits, and fatty fish can contribute to stronger, shinier hair. Protecting the hair from environmental damage is equally important. Exposure to the sun's harmful rays, pollutants, and harsh weather conditions can cause significant damage to the hair. When someone is stepping out in the sun, wear a hat or use a scarf to shield the hair from harmful UV rays. Similarly, in extreme weather conditions, like cold or windy days, protect the hair by covering it or using a leave-in conditioner. Avoiding excessive brushing or combing is a key aspect of preventing hair damage. Use a wide-toothed comb or a brush with soft bristles to detangle the hair gently. Start from the ends and work the way up to minimize breakage. Avoid brushing wet hair as it is more prone to damage. Instead, use a wide-toothed comb or fingers to remove any tangles. Chemical treatments, such as coloring, perming, or relaxing, can significantly impact the health of the hair. While these treatments can enhance the appearance, they can also lead to dryness and damage if not done correctly or excessively. If chemical treatments are chosen, it is advised to visit a reputable salon and follow the recommended aftercare routine to minimize damage and maintain healthy hair.

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