

What do you need your hair

Wind, cold, desiccated by the air radiator for our hair was merciless. Weakened it and deprived of gloss. Now they are in bad condition and need help. Do not withhold nutritional cosmetics. Adequate care and treatment will restore them to health. Desiccated require lubrication

Wash your hair moisturizing shampoo and then impose moisturizing lotion or hair conditioner, preferably from the same series as shampoo. Apart from cosmetics containing vitamin E, panthenol, vegetable oils and extracts of herbs, fruit, green tea. Use it after every wash, just distributing the bands. By the way, do gentle scalp massage that will help get the nutrients to the hair follicles. And if it does not improve the condition of hair, you should reach for a more radical measure, which is a deep moisturizing mask. The effect already miss the first time, but the treatment should last three months. Only then will the hair in good shape.

Reduced need to strengthen

Reach for the ampoule to prevent hair loss. Wipe them 2-3 times a week into the scalp for a half month. After each wash requires the head to prevent hair conditioner (eg Activeur 7, Kérastase, about 90 zB). Also, try to nourish their bandwidth from the center and eat more of: protein (its source is meat, fish), minerals, especially zinc (in the dark rice), B vitamins (liver and yeast), vitamin C (blackcurrant, lemon). The most important is breakfast. If you do not even eat a small meal, your body throughout the day will draw on the reserves and get a little hair. Sometimes we reach for the oral preparations that will help your diet (eg, tablets to increase hair density Inneov Nutricosmetics, about 89 zB/60 arr.). To operate effectively, you need to ingest them on a regular basis.

Rinsing

* For oily hair. After 4 tablespoons, lemon balm and rosemary, pour over boiling water, allow to sit for 30 minutes. Decoction Strain and add the lemon juice. Use the final rinse.

* For dry hair. The leaves of sage, nettle and marshmallow (in equal proportions), pour over boiling water. After 20 minutes strain and rinse cup of the head.

Compress with honey : Improves condition of hair. Spoonful of chamomile, nettle and birch pour 1 / 2 cup boiling water. Strain after 15 minutes. To brew, add egg yolk, a spoonful of honey, juice of one lemon and two drops of rosemary oil. Then, heat the 1 / 4 cup olive oil and pour it into a herbal tea with all the extras. So the resulting slurry, washed and then apply to towel dried hair, insert the cap. After an hour, rinse thoroughly with warm water.