

Regardless of the season, all women want to have healthy and strong hair. But winter is a period of high risks for all types of hair because of both the temperature changes and bad care.

What problems does winter bring to us?

There are several problems that women can face during winter. First, the hair becomes dry and dull because of the excessive use of hairdryers. Even if we do not want to use them, we will do it anyway because no one wants to have wet hair when it is cold. Also, hair gets electrified by wearing woolen hats - as a result, women get dandruff. Last but not least is losing the form and volume because of constantly changing the temperature, and it leads to an increase of sebum secretion.

The way we can help our hair

Haircare during winter differs from casual care and even differs depending on the type of hair. The list of following recommendations will help you to deal with all issues your hairstyle can face during cold days.

It is almost impossible to quit using hairdryers in winter. So the best way is to start using heat protectants that minimize the effects of hot air and protect your hair from the rapid change in temperature and make it softer but stronger because of the vitamins of the E group.

Choose your shampoo carefully. If your hair is straight, try to use an intensely cleansing shampoo that cleanses your pores of sebum and helps your head breathe. Such shampoos contain Sodium Laureth Sulfate, which can weigh hair down so do not forget about balms to make hair softer and brighter.

And what about curly hair?

Curly or wavy hair is extremely sensitive and needs special care. Shampoos must contain argan oil, almond oil, jojoba oil, and natural aloe extract. Use balms for hydrating the hair. You can also softly brush your hair to improve the absorption effect of the balm. After procedures, use the cream or oil for protection. You can also try serum - **Repair Hair Serum from YOFING NEW GENERATION** will both protect the hair and restore its weakest and the most damaged parts. Castor Hair Serum from Pure Mineral will be also a good choice - its formula is enriched with natural elements and the serum will not only protect your hair from damage but also promote its growth.

You also should use masks once or twice a week to protect the hair. The best variant will be to use **Castor Hair Mask from Pure Mineral** - its organic elements definitely will help you to get strong shiny hair even during wintertime. If you are allergic to natural oils and extracts, you can choose a conditioner. It is also supposed to be used 1-2 times a week. The wide variety of this care product lets you select a conditioner that is suitable for you.

The other ways of protection

Winter hair care does not limit only to care products - one of the most important things is the right kind of headwear. Replace rough hats with warm scarves and shawls made of natural wool - it will protect your hair from cold temperature and let the head skin breathe. What is more, always hide your hair tips under the headwear as it is the most sensible part of the lock.