

10 TIPS ON HOW TO TAKE CARE OF BLEACHED HAIR



How to take care of bleached hair? 10 Things you must do after bleaching your hair

Are you thinking about going blonde for the summer? If you are, and you have never bleached your hair before, then there are some things that you will need to know about caring for bleached hair.

Bleached hair needs some special attention and care to keep it looking great; from protecting against the sun, to the extra conditioning that it will need.

Here is our list of tips on the things that you will need to do after you have bleached your hair.

1. Wash your hair less frequently

The first thing that you need to know about bleached hair is that bleaching will dry out your hair and remove the natural oils from your scalp. Over-

washing bleached hair will make it even dryer and more brittle, so you should only be shampooing your bleached hair about every three or four days, or so. Find a dry shampoo that you like too, because you're going to need it.

2. Use a leave-in conditioner when your hair is wet

As we mentioned above, your hair will be more brittle after bleaching and it will need more conditioning. You will need to be extra careful when combing your hair when it's wet, so our next tip on how to take care of bleached hair is to use a leave-in conditioner after every shower and that will give you some added protection against breakage.

3. Protect your hair against UV rays

Another tip on how to take care of bleached hair is to protect your bleached hair from the sun, or the sunlight may damage your hair further and turn your hair brassy. Wear a hat or a scarf on sunny days and buy hair products that contain a sun block.

4. Wet your hair before swimming in a pool

The chlorine in a swimming pool can play havoc with bleached hair and it can turn your blonde locks green! So, unless you were planning on adopting a punk rock style this summer, always wet your hair before getting in a pool. That way, your hair will

soak up less of the chlorinated water from the swimming pool.



5. Use a deep conditioning mask twice a month

Another useful tip on how to take care of bleached hair is to use a deep conditioning, overnight hair mask at least twice a month, it will help reduce the breakage and split ends. It might be a time consuming job, but your dried out hair is going to need this much care.

6. Get your hair trimmed regularly

You'll need to visit the salon for a trim more too, because your hair will be more susceptible to split ends than it was before you bleached it. A regular trim will keep your hair looking healthy and keep the

split ends at bay.

7. Avoid using heated tools

Next tip on how to take care of bleached hair is to avoid using heated tools. Hair straighteners and flat irons are not good news for bleached hair and even blow drying, with a high temperature setting, can damage weak and already dry bleached hair. Avoid heated tools altogether, if you can, or if you do need to use them, use a heat protectant product and turn the temperature setting to low.

8. Use My Hair Doctor Liquid Gold Oil

Good hair oil can make all the difference to bleached hair. Some hair oils can be really expensive but you'll only need a few drops to keep your bleached hair moisturised and looking healthy. It's worth spending a bit extra on hair oil, because the best ones won't make your hair look or feel greasy at all.

9. Pat your bleached hair dry, don't rub it

Next important tip on how to take care of bleached hair is to be extra gentle drying your bleached hair. The friction caused by vigorous rubbing with a towel will frizz bleached hair and can break it. Instead, pat your hair dry gently and then leave it to dry fully in the fresh air. Don't tug at tangles with a brush either, just tease them out with a wide toothed comb.

10. Use a hair serum

Another way to protect your bleached hair against damage is to use a hair serum. Hair serums, which often contain silicone, coat the strands of hair with a protective film that will help prevent frizzing. If you buy a hair serum that contains sunblock, it will help stop your hair being damaged by UV rays of the sunlight too.