

6 Mistakes You Make With Conditioner

Truth: Conditioned hair is easier-to-manage hair.



While the big beauty fad these days is skipping (or at least skimping) on the shampoo, relying on conditioner to help keep hair healthy and beautiful is more popular than ever. But make sure your conditioning game is on point by avoiding these bad habits.

Mistake #1: Not keeping your hair type in mind.

Everyone's hair is different. You need to keep in mind your hair's texture, dryness, length, thickness, and level damage when using any product. For example, if you have colored hair (and want to maintain it), you may need something more specific. My Hair Doctor Colour protection Conditioner is the product I like says Guy Parsons, the company founder. Ask your stylist for recommendations on which

product (and how much of it) would work for you — and don't be afraid to change things up. When looking for a new conditioner, Guy reminds shoppers to read label directions carefully, too.

Mistake#2: Applying conditioner scalp first.

According to Guy, you should start at the bottom where your hair is the driest, oldest and most damaged and then work your way up. If you put it at the top first, you risk "making your scalp and roots oily," warns Guy.

Mistake#3: Working it unevenly throughout your hair.

When you're in a rush in the morning, it's easy to just slab some on and rinse. But for some hair types, it may be tougher to work conditioner all the way through your hair with just your fingers. Guy recommends using a wide tooth comb to distribute the conditioner so it moisturizes throughout, especially if you have thick hair or curls.

Mistake #4: Not thoroughly rinsing it out.

When you neglect to properly rinse your shampoo and conditioner, you run the risk of clogging hair follicles, creating buildup along the scalp, and dulling its shine. Spend a few

extra moments on rinsing it all out, particularly if you have thick or wavy hair.

Mistake #5: Rinsing immediately.

Conditioner is like moisturizer for your hair, so it needs a little bit of time to work its magic. Aim to leave it in for a minute or two before rinsing. Coat your hair, shave your legs, use a body scrub, contemplate life for a few beats, and then rinse.

Mistake #6: Skipping it all together.

If you think you don't need conditioner, think again. Using the right type for your hair can do so much for improving your hair's softness and smoothness and how well it holds a style. "Everyone's hair is damaged — the only question is how badly," says Guy. You may go through many conditioners before you find the right one, but you'll know when you've met your match.



HOW TO APPLY CONDITIONER CORRECTLY

Pour a small amount of conditioner into the palm of your hand, rub your hands together and smooth the conditioner over your hair, from the mid-lengths to the ends. To avoid weighing your hair down, do not rub conditioner into your scalp or to the hair near your scalp, leave for 2-3 minutes and then rinse.

If you have particularly knotty hair, gently comb the conditioner through in the shower/bath before rinsing using a wide tooth comb or paddle brush. Start at the ends of your

hair and gradually work up, be gentle and work tangles out – don't brush through them.

If you find your hair loses body after conditioning, check that you are using the correct conditioner for your hair texture. Also, make sure that you are rinsing enough and aren't applying it too close to your scalp.