

## At-home hair care tips – make the most of lockdown

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### At-home hair care tips

Being at home doesn't have to spell disaster for your hair. In fact, it can be a blessing to have some time off from the rigorous strain of life in a fast-paced world. Sure, a month or two without your regular trips to the stylist can leave you feeling a little bit like an off-colour yeti. But actually, it may be the perfect time to rally your resources and take a more active part in your hair care routine. Here is your chance to emerge forever changed in a good way!

### Hold the heat

One of the best preventions for dry and **damaged hair** isn't really a treatment at all, it's more of a behaviour change. Keep your hairdryer, hot rollers and straighteners at the back of your dresser during the lockdown and spare your hair its regular heat damage.

### A style to save

Protective styles are an absolute gift for resting **natural hair** from its daily stressors. Take your pick from the classic bun or braid to a headwrap or even a funky hat. Protective styles help to safeguard damaged and **dry hair** from exposure to heat, sun, movement, wind and pollution.

### Nourish the scalp

Haircare starts at the source; your scalp needs attention too. Your scalp can really benefit from some TLC, so now is the perfect time to grab a scalp therapy treatment and let it really sink in - no one will judge you for looking like a swamp monster for a few hours. You can try a mixture of coconut oil and tea tree oil applied directly to your scalp if you fancy a natural option.

### Splash on products

Since you are not rushing off for a cut, colour and/or treatment, you can splurge on really **great hair care products** you have always wanted to try. Invest saved cash from your styling kitty on really cool products, from the best shampoos and conditioners to the hair mask you have been coveting for ages.

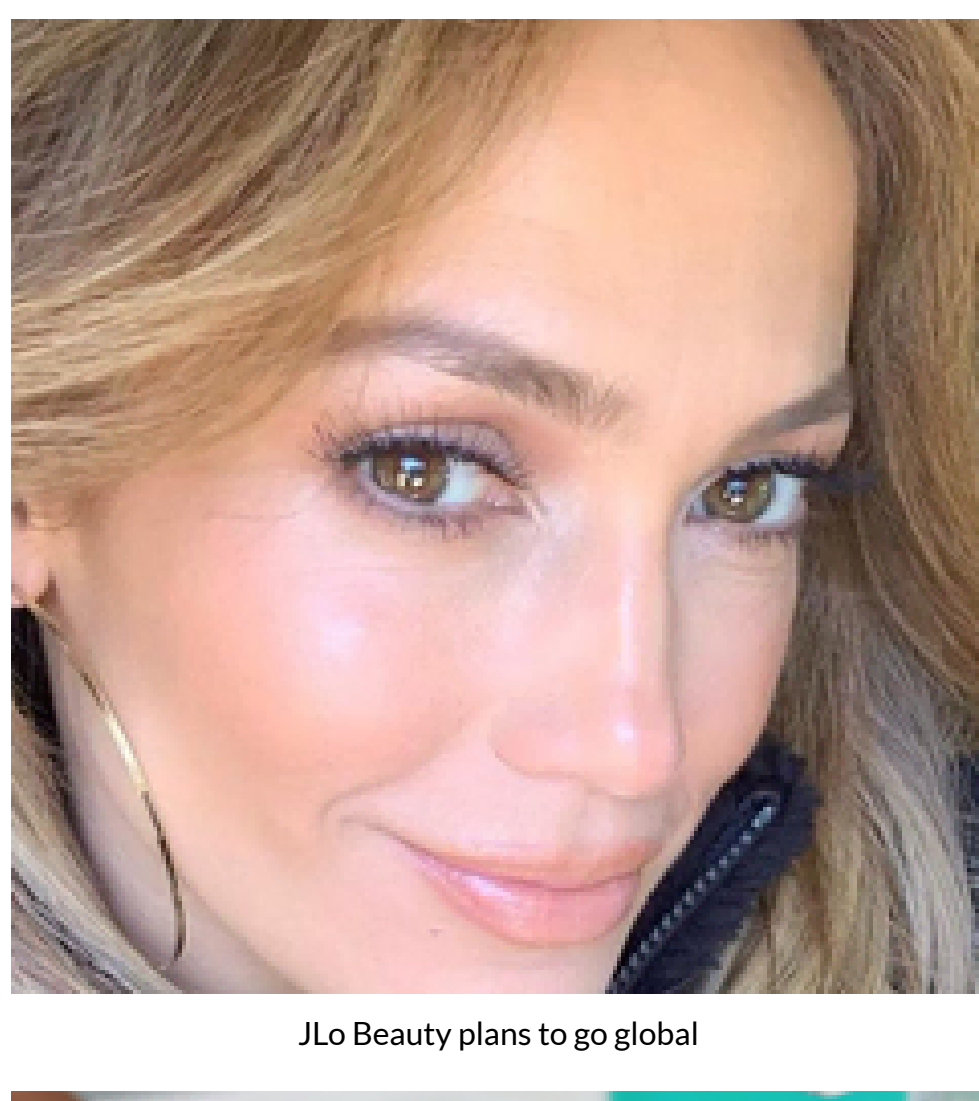
### Get experimental

From hot oil treatments to a hair serum you have thought about but never tried - now is the time to get experimental. If you have frizzy hair, why not give a leave-in conditioner a bash, or perhaps if you are **looking for a treatment for dry hair**, get the hair mask of your dreams. The sky is the limit and if it doesn't work out, there are very few people around to witness the event thanks to the lockdown.

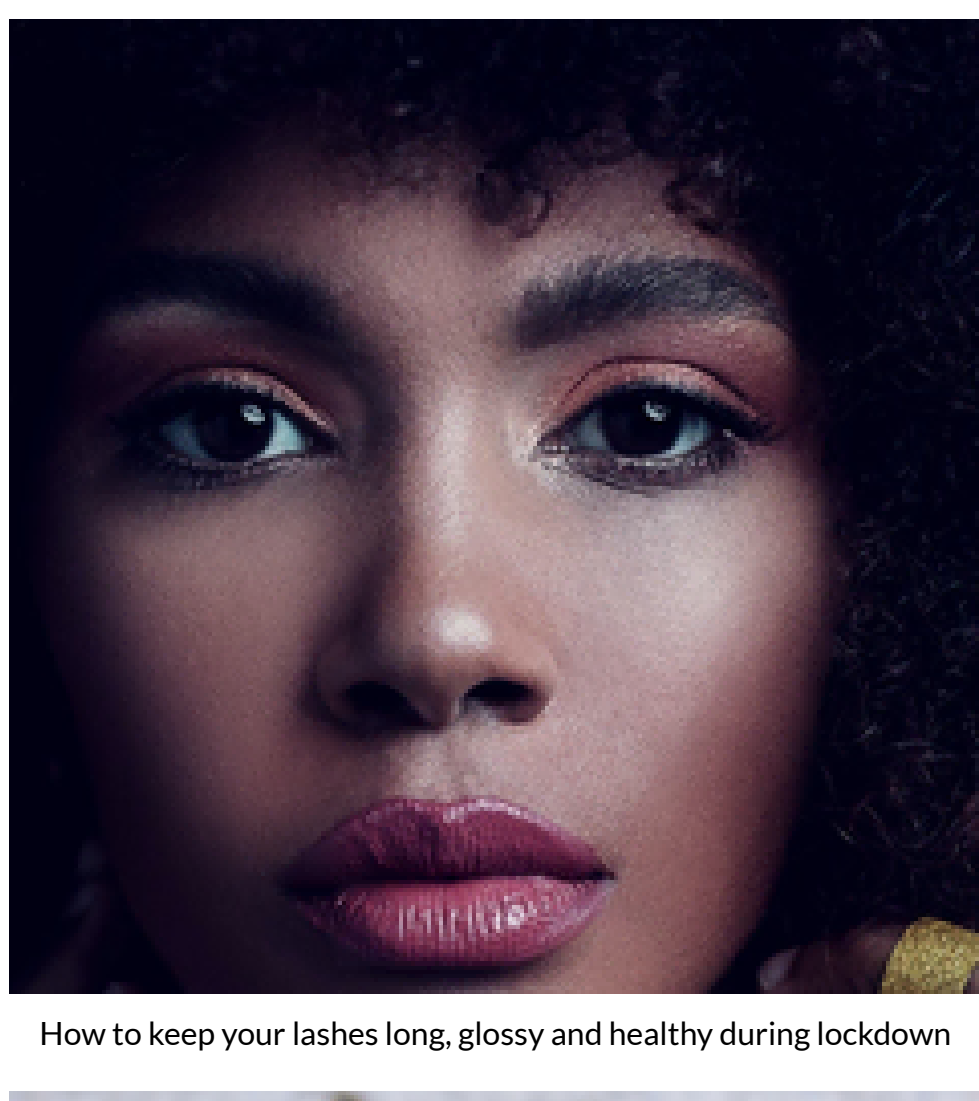
Keep calm and step away from the scissors or the box dye - we know it's tough. In the end, you are better off investing in your haircare routine to help you feel fabulous. And just in case you're worried, this definitely doesn't count as cheating on your hairstylist.

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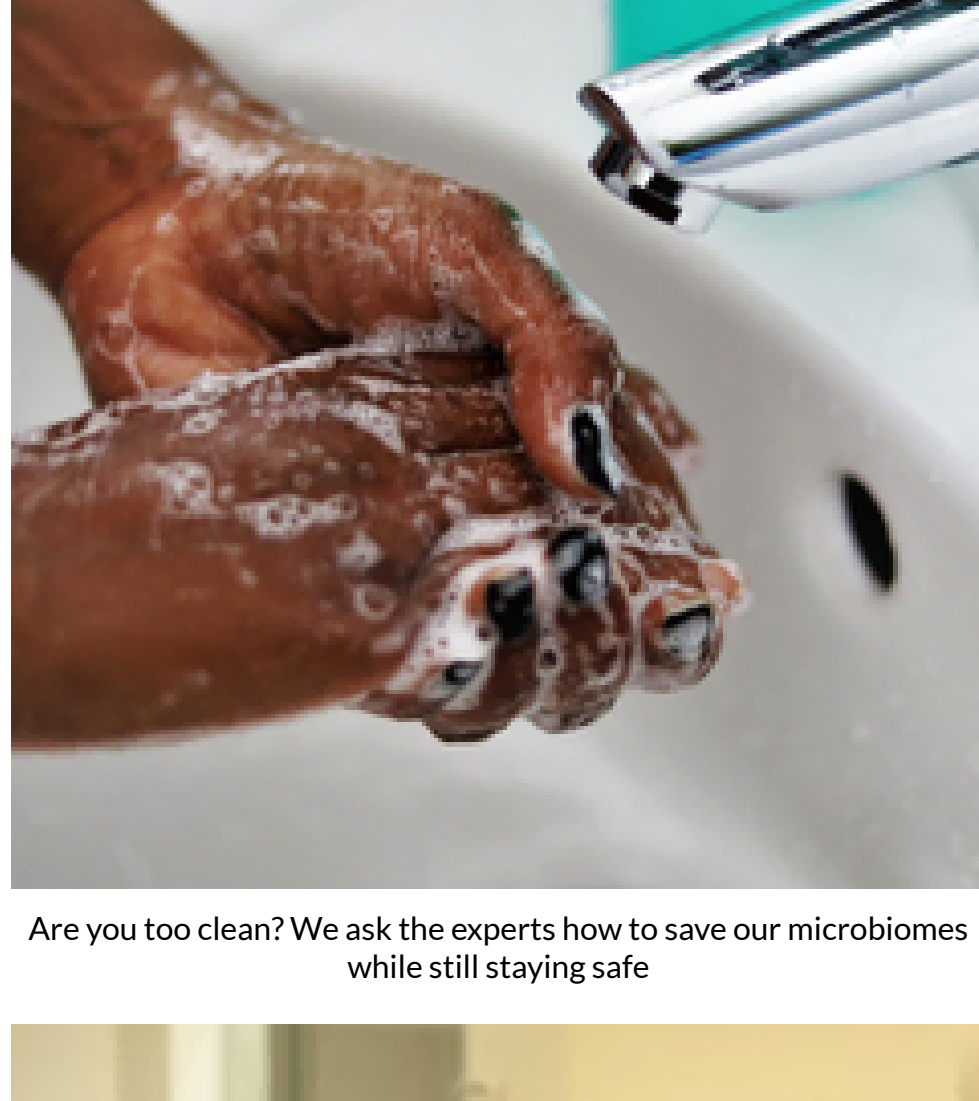
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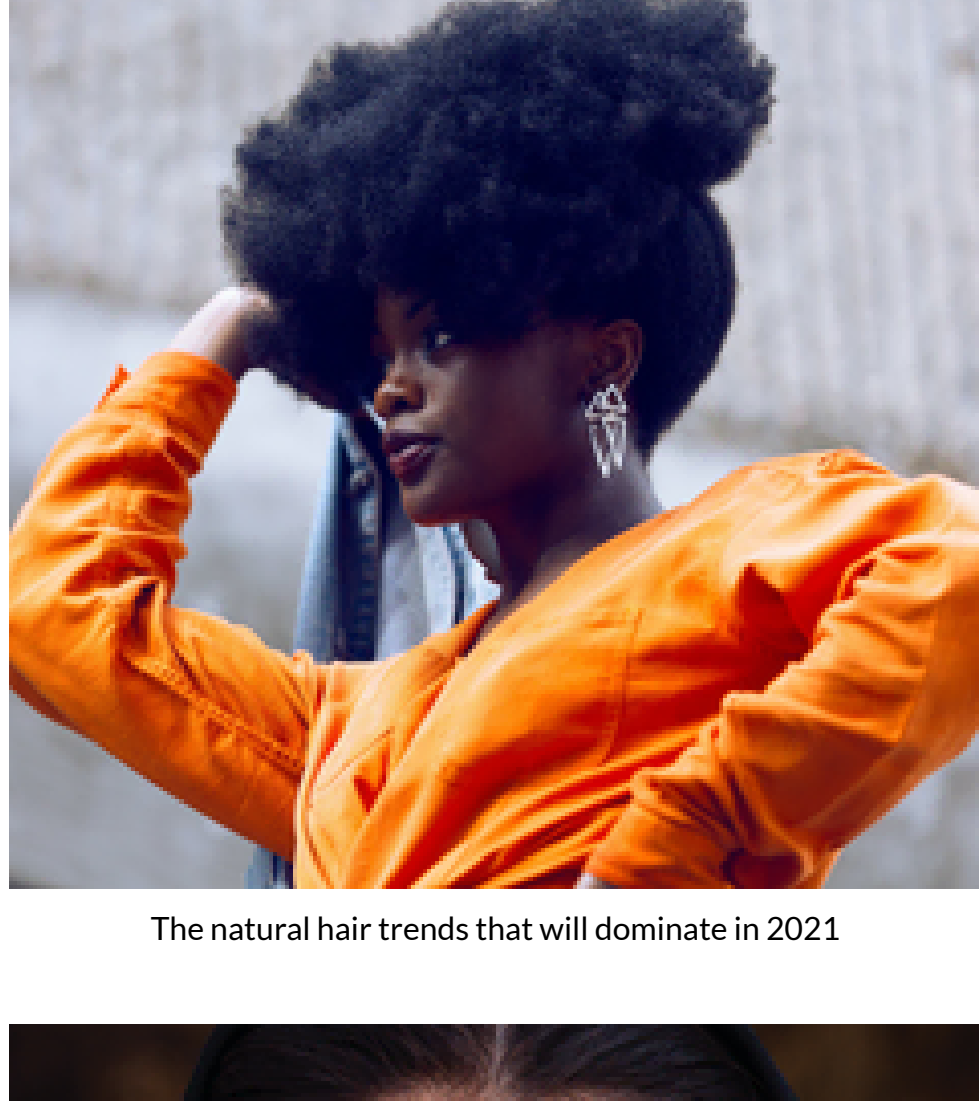
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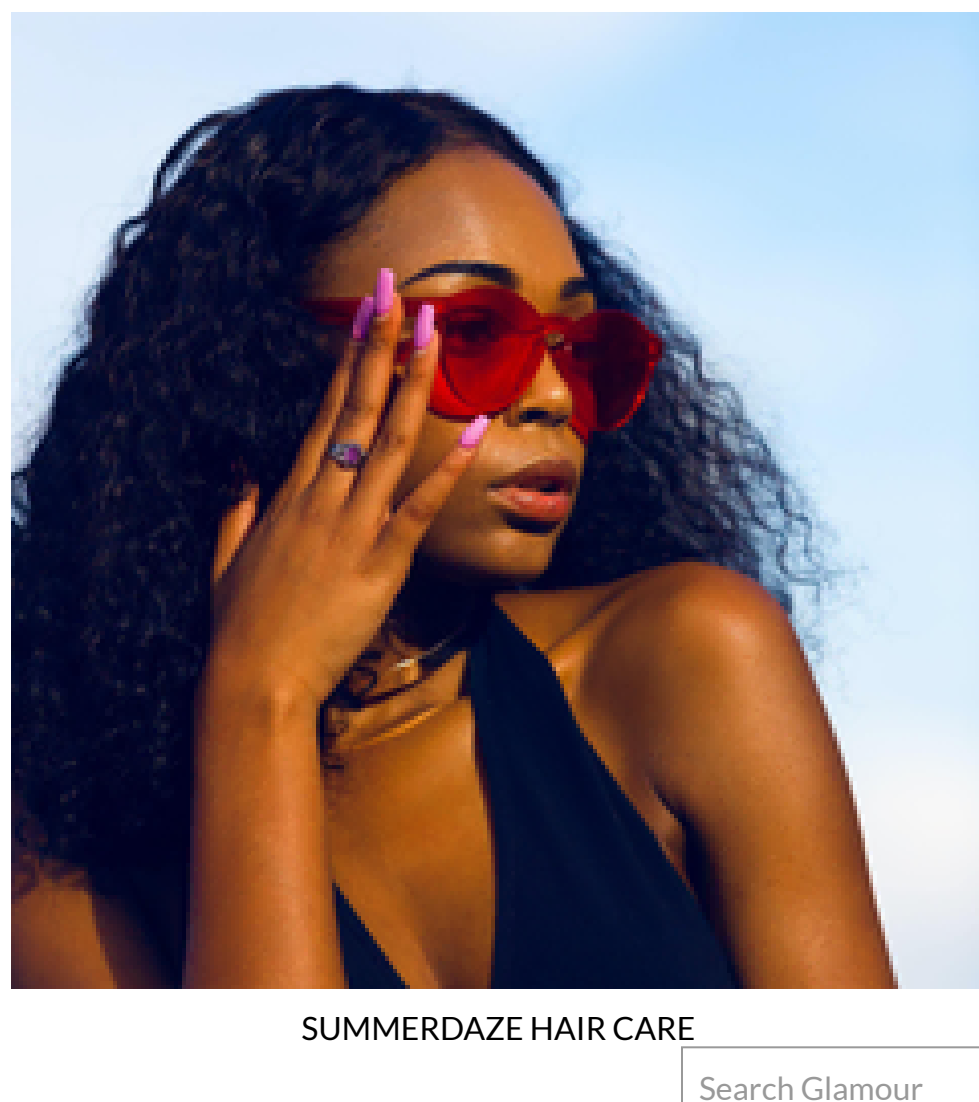
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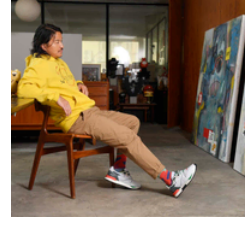
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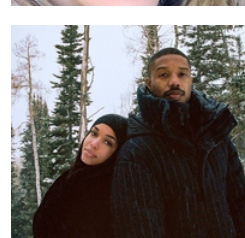
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