

These 5 Proven Tips Would Increase your Hair Growth- According to a Pro

Maria had long hair earlier. She always kept her hair length past her shoulders. However, due to some inclement situations, she needs to have to cut the layers. Once she combats the situation, again her long hair wish makes her choose some chemical-infused products. Therefore, it leads to breakage and build-up which gradually moved into hair loss.

Are you doing everything possible to restore your fragile hair?

Do you want healthy hair growth that is natural-looking?

But, what are the easiest ways to get the hair length you want?

In this blog, we're going to share the hair growth tips that would be conducive for you.

Without further ado, let's begin.

1. Avoid hot water

Yes, it's true that you need to keep your hair and scalp clean. It plays an instrumental role in healthy hair growth. However, applying the hot water directly may dry out your scalp and the strands too. You can choose a shampoo based on your scalp and hair type. It will ultimately support healthy hair growth.

2. Avoid using styling products

According to the experts, regular usage of heat styling products may damage your hair strands, while hindering hair growth. You should limit using your hairdryers, straighteners, or artificial styling products. Still, if you want to use them, opt for any heat protector. Make sure you have checked the ingredients before buying the same.

3. Use oils

Since ancient times, oil work as a natural shine-booster for hair. This is one of the essential hair growth tips which you can perform at your home. Choose those oils that are enriched with omega 3,6 and 9 fatty acids. It offers nutrition to your strands as they grow. Also, it helps to limit the tangles and frizz. To get the results, apply a few drops of oil and massage the same to the scalp. You'll get the results within a single to no time.

4. Eat healthy

Not only the cosmetic products, but a healthy diet would support hair growth too. Biotin is a supplement that is found on salmon, chickens, and eggs. It could help to promote healthy hair growth. As hair comprises protein, ensure you're eating a good amount of protein with each meal like fish, dairy, tofu, etc. Fats from these foods will ensure that they are getting the required nutrients.

5. Comb your hair gently

Only around 10-15% of the strands on your head are in the development phase, so if you brush too vigorously, you can accidentally pull out some of those crucial growth-phase strands. Take it easy. Brushing your hair should always begin at the ends and work its way up to the roots.

Final words

We know how much you're concerned with your hair. Therefore, these simple tips will help you to grow healthy hair. Get back your good hair days and start flaunting with the same.