

## **What to avoid to keep your relaxed hair healthy**

Relaxing hair may seem like an easy option for someone who does not want to be bothered by the task of maintaining natural hair. However, maintaining relaxed hair and keeping it healthy is a task too and requires attention at least every now and then. It would help if you established a routine/regimen that works for your hair while maintaining its utmost health.

Here is what you should avoid, to keep your relaxed hair healthy.

### **1. Avoid neglecting the scalp.**

Avoid neglecting the scalp at all costs because, when hair is relaxed, the scalp is prone to irritation. When you forget to take care of the scalp, it may cause even more irritation, reflecting on your hair. Massage your scalp with the TCB Naturals Replenishing Coconut Oil which helps with the irritation and healing process and keeps the scalp moisturized.

### **2. Avoid Heat Styling.**

Heat styling on already relaxed hair causes your strands to weaken even more than they already are. This means that you steer clear of the flat iron, curling rods, and any other styling tools that may tend to cause heat damage to your hair, at least for some weeks. If you have to use heat, ensure that you use a heat protectant.

### **3. Avoid over processing your hair.**

Always time your touch-ups between relaxing your hair. It should be spaced out to 8-12 weeks, but depending on the speed, your hair grows. It could be sooner or later. Also, avoid applying relaxers to the whole hair strand and only apply it to the roots where there is growth because you do not want to damage your hair now. Do you?

#### **4. Avoid towel drying your hair.**

Instead, opt for air drying, which is a healthier option compared to towel drying. Towel drying causes damage and frizz, which you definitely do not want.