

Hair Breakage: What Causes It and How to Fix It.

What is hair breakage?

Hair breakage is the snapping of hair strands due to the shafts of hair breaking. This results to split ends and shorter hair strands that may be uneven. Natural hair is more prone to breakage because it is kinky, therefore, tangles more.

What causes hair breakage?

Hair breakage is mainly caused by a dry scalp and hair that is damaged due to poor hair care and maintenance and other external forces such as excessive manipulation through heat styling.

Other reasons that may cause hair breakage include; Lack of moisture and hair coloring.

How to Stop Hair Breakage.

Always keep your hair moisturized- Hair, especially when natural, tends to dry naturally therefore breaking is easy. It is important to keep the strands moisturized by applying hair food such as the TCB Naturals Nourishing Hair Food with Lanolin (it ensures moisture retention by penetrating the surface) or daily moisturizers like TCB Naturals Coconut Oil which acts as a barrier for water loss, therefore, reduces dryness and flaking.

Avoid harsh relaxers- These may be laden with harsh chemicals which are not good for your hair. After you know your hair type, go for products that suit your hair type, whether it is already relaxed or trying to transition from natural (mostly 4c type) to relaxed. You can try out the TCB Naturals Relaxers, with protein that helps with structural support by acting as small building blocks for your hair, preventing it from breaking.

Oil your hair frequently – The TCB Naturals Coconut Oil penetrates the hair shaft and helps avoid breakage while replenishing hair from within. Argan Oil contains Vitamins E and antioxidant properties that prevent the hair from breaking and any other type of damage.

Use heat protectants on your hair- When it's time to relax your hair, ensure that you use hair protectants to prevent hair from breaking. Thankfully, the TCB Natural Relaxers contain high amounts of protectants that relieve the scalp from irritation and stop breakage.

Bonus Tip: Get regular trims on those thinning and unhealthy split ends. Okay?