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Good riddance to sun damaged hair!

Nourish your hair with these must have products and DIY cures!

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Image Source: <https://www.pexels.com/photo/sunset-sunny-sun-women-54566/>

While we are busy keeping our faces safe from harsh UV rays, our hair is taking on the full force of mother nature on a daily basis. Plus, those with coloured hair will tend to lose more as the colours will either fade badly or change into a brighter colour than usual.

There are a couple of tips on how to manage and prevent your hair from getting brittle and sun damaged. Plus, we will introduce products that will help you keep your hair safe and nourished throughout the day!



Image Source: <http://www.well-beingsecrets.com/health-benefits-of-coconut-oil/>

1. Coconut Oil for moisturised hair

This is one of the most popular and long-lasting tips out there. This not only keeps your hair moisturised but also soothes your dry scalp. Massage the oil into your hair and leave it on for an hour before shampooing it off as usual. Apply this at least 3 times a week as a hair mask.



Image Source: <https://www.healthline.com/nutrition/6-proven-health-benefits-of-apple-cider-vinegar>

2. Apple Cider Vinegar for a shiny fix

The acidic substance will bring back shine to your hair! Take two tablespoons of apple cider vinegar and mix well with $\frac{1}{2}$ litre of water. After shampooing, rinse your hair with the mixture. No need to rinse of the vinegar, instead condition as usual. Repeat 3 times a week.



3. Aloe Vera for that extra nourishment

The plant is known for its cooling effects so it will do wonders to your sun damaged hair! It can get a little hard to get hold of an actual Aloe Vera plant so consider purchasing pure aloe gels from beauty brands. If you are a beauty product junkie, you would know that Nature Republic's Aloe Vera gel is one of the most sought-after products! The product does not have a sticky after effect so go ahead and apply it on your hair daily for that maximum moisture and nourishment.

Get it here: <https://www.hermo.my/mall/64-nature-republic-soothing-moisture-aloe-vera-92-soothing-gel-300ml?ucf=card-box-search-page%27>

4. Argan Oil as a barrier to harmful pollutants



This oil is chock full of nutrients that will keep moisture locked in while acting as a barrier to outside pollutants. It also helps with frizz and tangles! We recommend going for Lucido's Argon Rich Oil. It smells amazing and does not leave any oily sheen to your hair. It absorbs readily so do not worry about putting too much on. 3 - 4 pumps of this bad boy and your hair will look bouncy and shiny all day! Plus, it is super easy to get your hands on it. Head into any pharmacy and make a beeline to the hair section. Watsons and Guardian would definitely have it.

Don't have the time? We have done your homework! Get it online here:

http://www.watsons.com.my/argan-oil-hair-treatment-oil-60ml/p/BP_39996

5. Hair Sunblock... to block sun. Duh!



You read that right. There is hair sunblock too and we need to start using it! Sadly, not many pharmacy outlets carry them in Malaysia as we do not really have those crazy summers by the beaches with seawater constantly in our hair and what nots but our sun is just as strong. We can, however, easily purchase them online. We recommend using SACHAJUAN, Hair In The Sun. This lightweight UV protector will protect your hair the same way your sunblock protects your skin. Plus, you need not worry about getting your hair wet. This product will stay on until washed with shampoo.

Get it here: <https://www.sephora.my/products/sachajuan-hair-in-the-sun/v/default#product-reviews-anchor>

6. Specialised Shampoo for that in depth fixer upper



What we mean by that is shampoos that cater specifically to sun damaged hair. However, it can run slightly on the pricey side so you may opt for other shampoos that deal with heat damaged hair as it mostly does the same number of repairs as well. However, if your hair is coloured, you should probably invest in a good sun damage shampoo. We recommend this shampoo from Phyto, Phytokeratin Extreme Shampoo. This product is a perfect all-rounder as it repairs not only sun damaged hair but also overly heat-styled hair. Plus, it's great for those with coloured hair as well!

Get it here: [https://www.zalora.com.my/phyto-phytokeratine-extreme-shampoo-1297012.html?adjust_tracker=ls4cwq&adjust_campaign=\[S\[SHO_000005\]:%20Women%20Beauty&gclid=Cj0KQCjwr530BRCDARIsAL0vKrM-4GUti6CtsMcBKQUhU004JWjVKxCMElHXuBvqiUGEI_CYAmDDlqcaAje8EALw_wcB](https://www.zalora.com.my/phyto-phytokeratine-extreme-shampoo-1297012.html?adjust_tracker=ls4cwq&adjust_campaign=[S[SHO_000005]:%20Women%20Beauty&gclid=Cj0KQCjwr530BRCDARIsAL0vKrM-4GUti6CtsMcBKQUhU004JWjVKxCMElHXuBvqiUGEI_CYAmDDlqcaAje8EALw_wcB)

While all these products will work at one point, taking care of your hair also comes with withholding several hair styling routines. Take a break from straighteners, hair dryers or any form of heating agents until your hair is back to its healthy state. Avoid colouring or bleaching as well as these will strip away natural oils and nutrients from your hair. Finally, ensure to always keep hydrated as well and if your hair is truly damaged, consider dropping by a salon to get treatment or a haircut. Or, if you are on a budget, check out our [DIY tips to fix your dry hair](#) and get your mane in tiptop shape!