

A Complete Guide To Summer Hair Care



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Brief Introduction

I love Summertime! Don't you? Unfortunately, Summertime doesn't actually love us back. Every year, millions of people suffer the results of outdoors activities. From sunburns to damaged hair, the sun wreaks havoc upon us in a multitude of ways.

But, because we love soaking up all the fun and sun Summer has to offer, we deal with the eventual appearance problems that it causes later on down the line. The “green” or “gray” colored hair after taking a dip in the pool. Dried out locks from splashing about in the ocean. And plain old dull, brittle, split ends that makes us look less than our best when it's time for a hot night out.

We all know this happens, and still we continue to venture out with zero protection for our hair. For some reason, we don't think about it until the damage is done. After all, it's just hair, right?

Okay, but what would you do if you had to chop it all off tomorrow? Or it fell out from all the damage inflicted upon it? What if you didn't have it? Then would it just be hair?

We all need to take a few minutes before we walk out the door and into the blazing sun rays to protect our hair from all that damage just waiting in the wings. And with the information provided right here in these very pages, that's all it will take you, just a few minutes extra each day to ensure your hair looks just as fabulous in the Summer as it does in the Autumn months.

It will also provide you with information as to why certain reactions occur to your hair from the activities we enjoy, such as swimming in chlorine filled swimming pools, going for a romp in the clear ocean water, or simply sitting out in your backyard for a few hours.

It doesn't matter if you are someone who has great looking hair or existing dry, damaged, or color treated hair. All the tips and techniques you need to make it through the grueling Summer heat are all here for you. They have been carefully selected to ensure that you have all the information you need to keep your hair looking terrific during the driest, dog days of Summer.

Give the tips in this guide a try. You've got nothing to lose. . . .

Except your hair!

How Does The Sun, Chlorine, And Salt Water Damage My Hair In The First Place?

Whether you realize it or not, the sun can be extremely harmful to your hair. The same UV rays that damage your sensitive skin can also damage your hair!

The reason for this is due to what hair actually is. Do you know what your hair is made up of or how it grows? Let me explain, then you will better understand why the same sunlight that affects our precious skin cells affects our hair in the same manner.

Hair is basically made up from our dead skin cells that when builds up springs from our dermis tissue layer by way of our hair follicles through our epidermis. This is precisely how our hair grows!

Because hair is made up of skin *cells*, it can still be affected, albeit in a different manner, by the heat and harmful UV rays of the sun just as our skin is. But this is not the only thing to understand about the chemical make up of our hair.

Hair is mostly comprised of a specific protein called Keratin. Lack of this protein can affect the texture of our hair, so supplements are used to replace this lost protein via specific hair care products. That is why many of them contain “keratin” ;-).

Just as hair is damaged and dried out through the use of blow dryers, curling irons, and straightening irons, so too can the sun have the same lasting effects. This can make your hair appear dull and “lifeless”. It can also create any of the following conditions: dryness, fragility, brittleness, among others due to constant drying.

Because of this “drying out”, we must replenish our hair just as we do our bodies when we are thirsty. When your hair is dry or damaged, it's thirsty. This is why many treatment methods for dry hair call for specific moisturizing elements.

In addition, what we eat is also important to healthy hair growth. Since our hair is made up of certain types of protein and skin cells, it should make perfect sense that what we eat has a great effect on the health of our hair, just as it does the rest of our bodies.

Eating a full diet containing protein, fruits, vegetables, grains, and even an appropriate amount of fat is important (several vitamins and minerals require fat in order to be delivered or absorbed by the body) to stimulate the growth of healthy hair from our follicles.

Because of the chemical make up of our hair, certain outside elements affect it in very

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