

# 3 Natural Heat Protectants To Use With Flat Irons For Hair

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After blow-drying, you will find your hair feels dry and lacks luster because the hair is most likely damaged. In general, you can use heat protectant on your hair before applying heat to prevent this happening. Now, you can try some natural oils to protect your hair from heat damage.

## Grapeseed Oil

Grapeseed oil that you can get from grocery store has a very high smoke point. It not only can withstand high heat from hair straighteners, curlers, and blow dryers but also will finish off your hair with a beautiful style. You can apply 4 – 6 drops evenly throughout your hair and style as normal.

## Almond Oil

Almond oil has a higher heat point than grapeseed oil. Thus, it is a perfect candidate for use with high heat tools. Besides, almond oil is very high in Vitamins E, D, B1, B2, B6 and A, allowing you to grow strong, healthy, and beautiful hair. It is recommended to get the organic cold-pressed variety.

- Apply 2 – 3 drops evenly.
- Comb through damp hair.
- Dry and style to your desire.

## Shea Butter

Shea Butter creates a very even barrier around the hair. Thus, it is a great heat protectant because of its thermal conductivity. When buying hair masks and products, you can check the ingredients list to look for the biological term “butyrospermum parkii (shea butter)”. Finally, comb hair before styling, for brushing hair and removing all knots means the stylist can easily glide through the hair, minimizing damage.

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