

# 5 Winter Hair Care Tips for Healthy Hair and Scalp

<https://www.sishair.com/5-winter-hair-care-tips-for-healthy-hair-and-scalp/>

How to care for our hair in a cold winter? Here are some tips to help you care for winter hair.

## 1. Moisturize

If you want to replenish your hair with the moisture that it needs and prevent from breakage, leaving your hair soft and shiny, you have to use leave-in conditioners and deep moisturizing masks at least a few times a month. As we know, the indoor heating tends to take a lot of moisture out and dry the hair out, sometimes also leaving a dry flaky scalp in the colder months.

## 2. Deal with static hair

You can keep a regular anti-static laundry dryer sheet with you to avoid a static party on your head.

## 3. Avoid frequent hair washes

It is recommended to extend the period between washes as much as possible and use dry shampoo in between to keep your hair looking fresh, as over washing will strip it of its natural oils. Use conditioner each time! You had better rinse hair with conditioner only, if needed.

## 4. Do not rush out the door with wet hair

If you rush out the door with wet hair in cold winter, the cold temperature may freeze it and damage it, eventually causing breakage. In general, you can tuck your wet hair underneath your scarf and hat and then go out.

## 5. Resist the dullness

Your locks can start looking a little dull because of the dry and cold conditions. Here, you can use products for color treated hair to revitalize that shine. Or, you can use the good old apple cider vinegar to make your hair so shiny.

## Suggestions

- Never use products containing silicone, sulfate, and alcohol.
- Use conditioning masks.
- Do not blow drying and apply heat during the winter.

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## **About Sis Hair**

Sis Hair mainly offers [100% virgin human hair](#), with different [textures](#), [origins](#) & [grades](#).

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