

# Proper Hair Care Routine for Everyone



No matter what type of hair you have—curly, fine, coarse—we support strong, lustrous locks. And although it's sometimes difficult to believe, we know that every hair type is manageable.

This article will discuss how to maintain a suitable hair care routine in order to achieve healthy hair. We'll also impart our knowledge on how using the best haircare products may give you beautiful, shiny hair.

Not everyone has access to salon services for maintaining beautiful hair. But hey, we can make our house more professional. Right? Absolutely, we can. You may quickly achieve bouncy, soft hair with the appropriate products and a decent hair care routine.

But first, you need to know what kind of hair you have.

You can establish a hair care routine that is more effective if you know what type of hair you have. So let's determine what type of hair you have:

## Hair Types

### ➤ Type 1:

- Straight, Fine Hair
- Slightly Waved Straight Hair.
- Rough and Primarily Straight.

### ➤ Type 2:

- S-shaped, fine
- Waved, Slightly Textured, And Occasionally Frizzy.
- Coarse, More Defined S-Shape; Frizz-Prone.

### ➤ Type 3:

- Curls, Loose and Delicate.
- Medium-To-Tight Curls with Some Texture
- Hair That Is Tightly Curled.

### ➤ Type 4:

- Loose, Curled Hair
- Crimpy, Z-Shaped Coils
- Tight, Compact Coils.

# Regular Hair Care for Healthy Hair

## Clean Up



We should remind you to remember the fundamentals before you start applying the nice items to your hair. The simplest and finest thing you can do for your hair is to clean it. Washing your hair properly will help you unclog the pores and give your hair a beautiful overall clean, just like we rinse our faces every morning to get rid of all the dirt and oil.

Don't go crazy and buy everything you see in the stores just because you've started taking care of your hair. Choose clothing that complements your hair type. Today, you can locate the ideal product for a certain hair type.

For normal hair, we advise JOHN MASTERS ORGANICS Lavender & Rosemary Shampoo. The lavender essence will leave a lovely and soft impact on your hair,

while the rosemary infusion will detoxify your scalp and add some shine. Its amazing sulfate-free recipe will preserve your hair from dryness.



We can choose not to use a deep cleaning shampoo like [Shea Moisture's Bamboo Charcoal Deep Cleansing Shampoo](#) if our hair is severely impacted by pollution and filth. This thorough cleanser purifies your hair while adding a healthy sheen, softly and effectively removing built-up grime. It is made with healthy organic elements including bamboo charcoal, tea tree oil, and

willow bark, which together work to soothe your scalp and revive brittle, lifeless hair. Additionally, the product is sulfate-free for the record.

## **Conditioning**



Apply conditioner to your hair after washing it, even though you've heard this advice from hair experts and read it in publications about hair care a lot.

Hair needs to be conditioned for it to be healthy. Your hair gets dry and more prone to frizz after a wash. To untangle your hair and keep the moisture in, use a conditioner. Select a product with natural ingredients, paying specific attention to argan oil, such as the Bio Balance Organic Argan Oil Conditioner. This post-wash conditioner repairs damages, protects against UV radiation, and moisturizes your hair in addition to moisturizing it.

Choose [KERASTASE Masque Après-Soleil](#) if your hair is frequently exposed to the sun and is sun-damaged. Those with sun-damaged hair may find this hair mask to be a godsend. Coconut water, one of its main ingredients, replenishes UV-damaged hair while the UV filter composition in this mask absorbs UV radiation and shields your hair from damaging rays.



There are typically two kinds of conditioners: rinse-off and leave-in. You can choose either option as long as it serves its purpose and gives your hair a healthy balance. However, rinse-off conditioners are excellent for people with normal or oily hair, while leave-in conditioners are ideal for people with dry or frizzy hair.

## Combing



Detangle your hair when it's wet if your hair is on the dry side of the wall. The best time to detangle hair is while the conditioner is still in place. Gently work the knots out with a wide-toothed comb or your fingertips. Start combing from the bottom of your hair and work your way carefully up to the root to prevent hair breakage.

## Drying



It may seem simple to dry your hair, and with a little caution, it is a fairly simple process. You should definitely use a towel to blot out the excess water from your hair before blow-drying or air-drying it.

Use a soft towel, such as one made of microfiber, to prevent frizz in your hair. Never, ever, squeeze your hair roughly. It causes a weak, inflamed scalp and hair breakage. Instead, gently run a towel through your hair without tangling it, and then choose whether you want to blow dry or let it air dry.

## Styling



To prevent the damage that frequently results from heat styling, use a heat protectant before using either a hair straightener or a curling iron. And always remember to thoroughly dry your hair before choosing a heat styling method; otherwise, these heated styling products can quickly ruin your hair.

## Moisturizing



It's crucial to moisturize your hair after drying or styling. Hair moisturizers can soften and strengthen your hair if used consistently and correctly. Applying a few drops of hair oil to the tips will moisturize your hair after drying and styling it, as

well as before styling. Use a multipurpose hair oil, like **KERASTASE Curl Manifesto Huile Sublime Repair**, to treat your hair and scalp. From the roots up, it intensively hydrates the hair, repairing it. For people with curly, textured hair, this oil is particularly beneficial.



Your hair requires an oil boost once a week or more frequently. Your hair will benefit from deep conditioning with hair oil.

## **Final Word:**

Although maintaining hair may seem like a herculean undertaking, it really isn't. You can combat hair damage and maintain healthy locks like a pro with the appropriate routine and products. We hope the above straightforward haircare regimen will make it simple for you to achieve naturally beautiful hair.

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