

# Hair Tips and Tricks

*Brought to You by:*

*Hair Styles Secrets Revealed*

*[www.hair-styles-secrets-revealed.com](http://www.hair-styles-secrets-revealed.com)*



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# Introduction

*Hair Styles Secrets Revealed* gives you this e-book so you too can have healthy, beautiful hair. However, this is just a small percentage of hair tips and tricks that we are regularly giving at our website. Since 2004 we are helping women all over the world to create looks others envy for!

So visit [www.hair-styles-secrets-revealed.com](http://www.hair-styles-secrets-revealed.com) and find out how to have hair that will make people turn their heads every time you walk into a room!

# Luxurious, Healthy Hair Secrets

Luxurious, healthy and beautiful hair is one of the secrets behind successful women. Hair in great condition is more powerful than wardrobe or accessories.

Luxurious, healthy and beautiful hair can improve your overall look in a flash. What are the secrets of keeping it in perfect condition? The daily handling! It can make your hair amazing or it can damage it beyond repair.

Here are eight most important tips for fabulous tresses.

1. Because tap water often contains natural minerals, it can make your hair look dull or very hard to style. So, you need to find if the water you use for washing your hair is "hard or soft water". Just ask your local water department.
2. Trim the ends of your hair every 1-2 months. Cut at least 1/2 inch to maintain healthy ends.
3. Before washing and shampooing your hair, gently brush dry hair. This will help remove product buildup and stimulate the scalp for improved hair growth.
4. Do not use plastic-bristle brushes. Use only natural boar bristle brushes.
5. Use an ionic hair dryer. It will cut hair-drying time in half and this will reduce the chance of potential heat damage. And always use your dryer's nozzle to help prevent frizz. And if you have curly tresses, use a diffuser attachment .
6. Use color protective products to minimize dryness, keep color true and prevent damage.
7. You should deep condition once every 14 days to strengthen strands. A good tip is to use a blow-dryer heat to intensify deep conditioning.

8. If you have textured or relaxed hair, you need to give it a break. You need to space processing treatments at least 14 days apart.

Of course, there are many more secrets of luxurious, healthy and beautiful hair, but these eight tips are enough to begin with.

## 7 Healthy Hair Tips

To keep healthy hair looking its best, women should follow these effective tips:

1. Pick a hairstyle closest to your hair's natural structure and color as possible. This will significantly reduce hair damage.
2. Stay away from over-styling or processing hair. Follow this simple rule: the less you do to your hair, the better.
3. Overuse of shampoo can damage the hair. Use shampoo to wash the scalp and then let it run through your hair.
4. Wash your hair only when your scalp is oily. If your scalp is drier, wash your hair less frequently.
5. On the other hand, use conditioner only on the ends of the hair, not on the scalp.
6. Choose a shampoo and conditioner according to your hair condition, for example, damaged, fine, or frizzy and on your hair shape, such as curly or straight.
7. Wear a hat to protect hair from UV radiation.

## 5 Simple, Easy Hair Tricks

Here are a few very simple and easy hair tricks that will help you achieve the hair you always wanted.

1. If you're not satisfied with your current hairstyle, a simple trick is to change your salon or your stylist. A new hairdresser might have some fantastic new ideas for you. A younger stylist may suggest something trendier for you.
2. To choose the best hairdo for you, visit the salon wearing the clothes that you wear every day. This will help your new stylist to give you advice on a suitable style. A very good idea is to talk about the job that you do. Formal types of jobs where you must dress appropriately require specific hair cuts.
3. When I want to refresh my look, I do two easy things: I change the color slightly (a few subtle highlights or lowlights) and change the length to some extent. Try it and you will be surprised with the results.
4. Apply an avocado hair mask for additional shine. Mix a ripe avocado with a quantity of olive oil. Apply to towel dried hair, cover with a towel and wait 30 minutes before rinsing off.
5. You can also enhance hair shine with finishing rinse. Chamomile tea is good for blondes or redheads while beer is great for brunettes. Flat cola is the best for darker hair.

## 6 Simple Yet Important Hair Care Tips

1. Do not wash your hair everyday. Generally, it takes three days for the hair roots to dry completely. Blow-drying does not change this fact. Wash your hair two or three times a week.
2. Choose leave-in conditioners over cream conditioners to maintain a healthy and shiny look. You can use odor eliminating conditioners if your

hair smells bad.

3. Hair conditioners increase the weight of your locks. The more you put in, the heavier it will become. Keep this in mind if you want to achieve soft and voluminous looking hair.
4. Use hair masks only when your hair becomes dry or very dry. Too much of moisture found in hair masks will cause your hair to look and feel heavy.
5. If you must use special treatment products, such as shampoos for dandruff, do not use them for very long periods because they are very high in active substances. From time to time, replace them with sensitive scalp shampoos.
6. Do not use hair coloring products that you can buy in the supermarket. They have high levels of ammonia that will damage your hair. Trust a professional hairstylist when changing your hair color.

## How Often to Wash Hair

Again and again we see this question popping up in forums and blogs: how often to wash hair. We have talked about this issue in one of our previous articles, but since this subject is important to so many women (and men), here are the main recommendations:

- Wash normal hair up to 5 times a week
- Oily hair should be washed every day
- Dry and curly hair needs to be washed twice a week
- Wash chemically treated hair three times a week

We understand that not washing your hair every day can be too hard for some people. But here is the trick: use dry shampoo to keep your hair clean between washes.

# The Easiest Way to Determine Your Hair Type

There are different hair types. We all know that. But how to find what my hair type is? But first, why do you need answer to this important question? Because once you determine your hair type, you can plan a hair care routine for maintaining healthy, shiny, luscious locks.

Famed hair expert Antonio Prieto offered this tip at [www.phillyburbs.com](http://www.phillyburbs.com). It's about "ponytail test".

Take an average hair elastic and put your hair in a ponytail.

Now, count how many times the elastic wraps around your hair:

- 3 or more times is fine
- 2 – 3 times is medium
- 1 time is thick

## How to Trim Own Hair at Home

If you dislike the trims you get in a salon for whatever reason, you can trim your own hair at home. Trimming will give your hair a new look. You should get your hair trimmed after every 30 days.

Here is how to do it:

- Trim hair when it's wet. This way it will be cut easily.
- If your hair dries up quickly, spray it with water.
- Use a double-sided mirror so you can see the back of your hair as well as the front.
- Make sure your hair is tangle-free and combed straight.
- Separate your hair into equal sections, and work on one section at a time.
- With your two fingers (index and middle finger) hold the tip of one section of hair. Don't hold your hair in a bunch but spread it evenly between your fingers.
- Decide how much you need to trim. Cut off the portion that falls below your

fingers, in a straight line. Repeat for each section of hair with the length you had snipped before. Make sure you use a sharp professional hair cutting scissor while trimming your own hair at home.

## Choosing the Right Hair Color Shade

Having a problem with selecting the right hair color shade? It is actually very easy to do if you keep in mind these two general rules:

1. People with lighter skin should avoid darker hair. It will make them look pale.
2. On the other hand, people with darker skin should stay away from trying lighter shades.

Here are some shade-specific tips:

- Black is easy color because it covers all hair types effectively. However, do not use it if you have pale skin to avoid a stark contrast.
- Brown hair color is very easy to achieve for most women. For unique look, mix varying shades with highlights.
- Hair holds onto red color just fine. But, if you are a blonde woman, you will need to go 2 or 3 shades darker to get a natural shade.
- When it comes to blonde shade, it's best to talk to your stylist. Generally, if you have virgin hair, the process will be easy. However, if your hair has been permanently tinted, you will need several sessions to get good results.

## A Few Important Hair Coloring Tips

If you want to instantly transform yourself, one of the best ways is to change your hair color. However, before you do that, keep in mind these hair coloring tips.

Always keep in mind that not all hair colors suit all skin tones. In order to avoid making a huge mistake, you need to follow a few simple rules.

Many women fail to remember the most important rule when dying hair:

never go more than two shades lighter than your natural shade. For example, if you have brown hair and pale skin, and go too dark, you will look older. What you need to do is going lighter.

Copper tones suit almost all women. A matter of fact, almost anyone can go red. The trick is in finding the right shade.

Your age is another thing you must think about before coloring your hair.

When you are in your 20s, you are free to experiment with various colors. However, when you reach 30s and 40s, stick to your natural color and only improve the tone.

For example, women in their 40's will benefit from gold hues. They will warm up your skin tone and are much more suitable.

If you have about 15% of gray hair, choose a semi-permanent color that is a shade lighter than your natural hair color.

## Ten Hair Brushing Tips

1. Do not use brushes with broken or damaged bristles or quills. Using such brushes can tear and snag your hair as well as scratch your scalp.
2. Brush your hair in the morning and before going to bed. You should also do it before shampooing to get rid of tangles, dead skin cells and dirt.
3. If your hair is really tangled or backcombed, you first need to loosen up any knots. You can do this by using a wide toothed comb.
4. You can pull and tug your hair with over-zealous strokes. So, always brush gently.
5. Wet hair should not be brushed. Use a wide toothed comb to untangle. Go from the ends up towards the roots.

6. Ignore the suggestion of 100 brush strokes every day. This can lead to a few problems: promote breakage and split ends, cause stress to the hair and over stimulate the production of sebum, making hair greasy.
7. Normal brushing can give hair a luminous, glossy shine. When you brush your hair, the cuticles lie flat, therefore reflecting more light. As a result, enhanced shine is created.
8. Sebum oil is a hair's natural conditioner. Brushing spreads it down the hair shaft to make hair glossy.
9. Brushing stimulates the blood flow to the hair follicles improving healthy growth.
10. You must keep your brushes clean. Wash them on a regular basis in hot soapy water.

## Flat Ironing Tips You Need to Know

Keep in mind the following flat ironing tips and you will never damage your hair with this piece of equipment. Improper use of flat irons can cause split and fried ends.

Many women wrongly believe that they must suffer damage in order to create sleek and smooth look. This is not the proper way to use flat irons. Here are ironing tips you want to remember.

- Never iron wet hair. This can cause serious damage to your hair.
- Always use heat-protective serum. The best ones are those with jojoba and argan oil. Also, sprays are not as good as serums.
- You must section your hair in equal parts. This is important because you want all hair strands to receive even heat distribution. What happens when you work on a section that is very big? The inner portions will be unaffected. It may take you a few times to find out what amount heats all of your strands

evenly.

- When ironing, don't pull your hair straight, using friction. Yes, this can create good results quickly, but over time, it will damage your hair. Your moves should be slow yet steady.

- Don't pass the same section more than one to two times. This is more dangerous than using a high temperature setting. You must use a temperature that gives you the best results in only two passes.

Keep in mind these flat ironing tips and you will avoid badly heat-damaged hair.

## What to Eat for Healthy Hair?

If your hair is dull, breakable and uncontrollable, you should pay attention to what you eat. Your diet is one of the crucial factors for getting your hair into excellent condition. In other words, shiny, healthy hair must be nourished from the inside. Even small changes to your diet can have a huge impact on your hair's health.

A lack of essential vitamins, consuming junk food and smoking often cause dull, lifeless hair. A good blood supply to the hair follicles is imperative for strong hair growth. Nuts, seeds and dark berries are blood-producing foods and they will improve your hair.

B vitamins are essential for healthy hair. One of them, biotin, has a direct effect on hair condition. Eggs are rich in biotin. Other good sources of B vitamins are brewer's yeast, wheat germ and whole grains.

Beneficial foods are dark leafy vegetables such as spinach which are rich in zinc. You should also eat foods high in omega 3 like oily fish (salmon and mackerel). Avoid drinking too much caffeine because your body will lose minerals such as iron and this can lead to hair thinning and loss.

# Hairstyle Tips for Different Weather Conditions

It's no secret that weather determines how your hair is going to act. But there are good styling tips that will make sure that your hair looks great no matter what the weather is going to be. Here is how to weatherproof your hair.

1. The best way to fight humidity is to apply a light silicone product that will wrap strands in a layer of protection. After applying your silicone serum, use a wide-tooth comb to spread it evenly. At the end, blow dry your hair using the cold setting. For the reason that all silicone products can build up on the scalp, use apple-cider vinegar or some anti-residue shampoo from time to time.

2. If you live in a region where dry heat is normal thing, you need to use moisturizing products such as hair masks in the shower and styling cream before going out. Do not use flat iron on these hot days, wear your hair in natural way.

3. Cold air can also steal the moisture out of your hair, causing static electricity. The simple solution is to avoid washing your hair for two days or you can spray a leave-in conditioner .

4. On rainy days, avoid using waxes and gels, because hair will instantly flatten and become sticky. What you should do is use a lightweight styling spray that leaves behind no residue or buildup.

5. On high wind day, apply a gel before styling. Next, set your style with heat and wait a few minutes before you go out. Thanks to the gel's gentle hold, your hair will move with the wind. Once you enter a building, use your fingers to return to its original shape.

## How to Choose a Hairstyle in Six Steps

Everybody needs a new hairstyle once in a while. Here are 6 tips on how to choose a great hairstyle. Follow these tips and you will get exactly the hair

style that you want. When it comes to choosing a style that looks good, knowing what you want is a key factor.

1. Look at old photos of yourself. What worked and what didn't? Find a look that worked well and update it a little in accordance with new trends.
2. Choose a hairstyle options that compliments your face shape, highlights your best features, and fit your maintenance criteria.
3. Make sure your selection matches your hair type. For example, a haircut that works well with fine, straight hair is not an option for thick, curly hair.
4. Keep in mind how much time and money you're ready to spend on your hairstyle. Short styles need frequent trims, so the costs will add up. On the other hand, longer styles need constant maintenance.
5. Find pictures of great hairstyles from magazines and the Internet. Show them to your stylist and ask can they be modified somewhat to fit your hair type or face shape.
6. Find a good hairdresser that you can trust and communicate with. The initial consultation is the vital step.
7. [Use this amazing software](#). It's the easiest way to pick a new hairstyle.

## 5 Tips to Trim Hair Costs

In today's weak economy, looking our best can be difficult mission. In every corner of the world, the cost of beauty can be pretty high. American Salon says that the average haircut for women is between \$21 and \$44. This depends on salon size and its location. Having a beautiful hair doesn't have to be expensive, and shouldn't endanger your financial stability.

Here are some simple tips to care for your hair without leaving a hole in your wallet.

- Choose a low-maintenance hair style that last longer.
- Visit a beauty college and have your hair done for a low cost or even for free. Do not worry about an inexperienced stylist that will "practice" on you – there is always a licensed professional supervising.
- The best deals are offered on Monday and Wednesday because on these days most hair salons experience the least amount of traffic. And the best news is that since business is slow you'll get lots of attention from the stylist.
- Look for coupons and specials. You can find them online or you can sign up for promotional events through email.
- Use home remedies for hair care. For example, use olive oil as a conditioner.

## How to Find a Good Hair Stylist

Are you looking for a new, good hair stylist? Maybe you are not satisfied with your current hairdresser. Follow these tips to find top hair stylist:

1. Word of mouth. Ask someone whose hair you like where they go. This is how best stylists get lots of clients.
2. Make an appointment with a new hairdresser on Tuesday or Wednesday in either late morning or early afternoon. Why is this important? For two reasons. First, your stylist is not tired yet at the beginning of the week. Second, there are no lots of clients early on in the day, so you'll get more time with him/her.
3. Do not schedule a hair service if you're seeing a stylist for the first time. Instead, schedule a consultation.
4. A good stylist will honestly tell you what will and won't work for your hair. If he/she promises you the world, be careful!

5. A good stylist will ask a lot of questions to determine what you'd like.
6. The best hairdressers will work with you to find a look that will be appropriate for your face shape and hair type.
7. Bring a photo. However, have realistic expectations because it may not be possible for you to get the exact look.
8. A professional stylist will give you step-by-step styling tips so you can take care of your hair at home.
9. Be good with all the staff members at the salon. Tip all the folks that worked on your hair. If you are good to them, they'll be good back to you!

Hair is a woman's main accessory and can make or break her look. So be very careful when choosing your next hair stylist.

## How to Recognize Bad Hair Salons

Nowadays it can be very difficult to find a really bad hair salon. This is because there are so many of them that are really great and most of them are offering high quality services to remain competitive.

However, there is a big difference between professional salons and average ones. The best way to find out if the salon is an awful one is to try it.

Never book an appointment if you did not visit a salon previously. This is the most common mistake that many women do. Trust me, this is the best way to avoid a bad experience, such as a bad hair color or bad haircut.

So, here is how to recognize bad hair salons.

- Go to a salon and make note of the customer service. It must be the highest priority for every hair salon. Pay attention to how the salon staff treats you. Do they answer all your questions? Were they overeager to book you in for

an appointment? Besides these things, watch the customers. Are they happy and engaged in conversation with their hairstylist?

- Since we are on the subject of customers, the easiest way to spot a bad salon is the lack of customers. There must be something wrong if there is no people in the chairs.

- Pay attention to the appearance of a salon. Is it clean and well-organized? Does it look dated?

- Ask them about their selection of services. High quality salons offer all services. A salon that offers only the basic cut, blow dry and simple coloring, is not the one you should choose.

**P.S.**

Again, visit [www.hair-styles-secrets-revealed.com](http://www.hair-styles-secrets-revealed.com) for more tips and tricks. The results will be almost like science fiction!