

Seven easy ways to keep your hair frizz free



According to research over 60% of women suffer from frizzy hair and how to control frizz is probably the number one question we get asked here at Lifestyle Salons. Whilst frizz can never really be completely cured, there are ways keep it under control, but before we look at those you need to understand the causes.

The science behind the frizz

Ever wondered why 5 minutes in the drizzle and your hair is looking like a massive ball of frizz? Well, in a nutshell, frizzy hair is caused by changes in humidity. As soon as your hair gets touched by moisture in the air it temporarily expands and changes its protein bonds, causing it to frizz.

So why, you may ask, do people blame the central heating? Surely that dries the hair? Yes it does, but unfortunately if your hair is dry and damaged it absorbs more humidity and, you've guessed it, that brings on the frizz.

So how can we keep the frizz at bay? Try these tips from the Lifestyle stylists and you'll be amazed what a difference they make.



1. Keep your hair hydrated

Hydrated, healthy hair is much less likely to frizz than the dry, damaged type, so keeping your hair hydrated is absolutely key.

If you struggle with dry hair, be sure to use a moisturising shampoo and conditioner and then top this up once a week with an intense moisture mask. This regime will serve to repair any damage and then keep hair hydrated and healthy. We particularly like the Hydrating range from Moroccanoil.

Also, be sure not to over wash your hair – two to three times a week is ideal – as otherwise you are simply washing your hair's natural oils and moisture away.

2. Be careful how you dry

If you're struggling with frizz there are two golden rules when drying your hair.

Firstly, be sure never to rub your hair vigorously with a towel as this roughens up the cuticles and just gives your hair another excuse to frizz. Squeeze hair gently with a towel and if you have time, leave it wrapped up for around ten minutes so the towel can absorb as much of the water as possible. Micro fibre

towels from outdoors shops are good as they are super absorbent.

Secondly, blow dry rather than air dry. Now this may seem to contradict everything you are usually told about drying your hair but there is good reason. If you leave your hair to dry naturally it will have time to soak up humidity and as we've already discovered, humidity is frizz's best friend. On the other hand when you blow dry you are quickly closing the cuticle, leaving it smoother.

However, if you are blow drying you need to minimise any damage that the heat can cause, so be sure to use a heat protection products like the KMS California quick blow dry spray which reduces drying time by up to half.



3. The tools of the trade

Healthy hair is less prone to frizzing so do everything you can to keep it in great shape. Wet hair is more fragile than dry and therefore is more susceptible to breaking, so always use a comb rather than a brush to detangle after washing to minimise the risk. If your hair is curly or coarse, using a wide toothed comb is recommended.

Boar bristle brushes may be expensive, but they are incredibly soft and gentle on your locks.

4. Frizz free styling

Good styling products are a must to help combat frizzy hair. They serve to smooth down the hair shaft, hopefully leaving the hair shiny and frizz free. But with so many products on the market, how do you choose the right one for you?

A great source of advice is always your salon stylist. They will be able to give you recommendations that are specific to your hair type and it's particular needs so it's always worth asking their opinion.

A couple of our favourites include KMs California's tame frizz crème (for normal / coarse hair) and smoothing lotion (for fine hair), as well as Moroccanoil's frizz control. The latter can be used after washing on damp hair, or between washes to restore smooth, tame locks.

5. Try the soft touch

Hollywood starlets of the fifties used to wrap a silk scarf around their hair before sleeping to keep tresses looking smooth and glossy. Alternatively, swap your pillowcase for a silk one. Not only will you be preventing the friction and static that can lead to frizz but you'll love that little bit of luxury too!

Tumble dryer sheets are also a great way to instantly tame frizz and fly- aways. Simply smooth one over the surface of your hair and watch them disappear in front of your eyes.



6. Keep calm and cover up

We all know that one of the easiest ways to get frizz in an instant is to take a quick walk through the drizzle or the rain. You might only have gone the short distance from the car park to the office, but there it is – a great big ball of fluff posing as you hair!

So make sure you've always got one of those little fold up brollies in your car or your bag for misty, murky emergencies. Also, invest in a great looking hat to protect your locks or maybe pull your hair into a quick up-do before you leave the house and re-arrange on arrival.

7. Keratin treatments



Finally, there are now some amazing in-salon keratin smoothing and taming treatments available. Where as in the past these treatments were associated with creating poker-straight hair, now the emphasis is very much on smoothing and taming.

Some straightening treatments in days gone by have had a bad press because they contained formaldehyde which frankly no-one should be putting on their hair or scalp. But there are now plenty of much kinder treatments like Goldwell's Kerasilk treatment which are free of such nasties.

These treatments usually take two to three hours to apply but as they can last several months they can be a sound investment.

Unlike hair straightening, smoothing treatments will leave your natural waves and curls intact but remove the frizz to leave your hair manageable and silky smooth. For more information about keratin treatments, visit the [Lifestyle website](#).

So there you have it, Lifestyle's top tips help you keep the frizz at bay. You'll be amazed at the difference they will make to your hair.

To book an appointment at a Lifestyle Salon, call

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Or book online at www.lifestylesalons.com