The Secret to Shiny Color Treated Hair by Loylamoori

Article published on May 7th 2012 | Fitness

Turning from a blonde to a brunette can be exciting, but remember to get the best sulfate free shampoo for color treated hair. Every time you color your hair, youâ€™re actually feeding it with chemicals. They damage hair cuticle, the outer layer of hair strands. Regular coloring lets chemicals penetrate the cuticle (hair is porous) and reach the cortex â€“ the inner area.

Your hair is subject to numerous damage-inducing processes daily. Activities like brushing hair, rubbing strands hard while drying, blow drying, using iron straightener and curlers, and using harsh shampoos make hair lusterless and vulnerable to breaking. By coloring hair, youâ€™re only adding salt to injury.

Should you stop coloring hair then?

Of course not! Why should you miss out on the fabulous hair colors in the market? They add glamour to your looks, and even make you appear younger.

What to do?

Be smart. Get the best sulfate free shampoo for color treated hair. Use hair color brands that claim to be free from ammonia, peroxide, and alcohol. The worst thing to do on color-treated hair is, perm or straighten it. However, these processes donâ€™t usually damage hair, if done occasionally but, when you combine them with coloring, it can be a disaster.

If you must straighten or perm, color your hair after 15 days of undergoing these processes. Never do them consecutively or in a single visit to the salon. If you cannot wait for 15 days, itâ€™s better to skip any one of the processes. Combining both processes will make your hair brittle and styling will become tough too.

Is there a better way?

Yes. Use the best sulfate free shampoo for color treated hair. Certain shampoos and conditioners are specifically designed for color treated hair. Itâ€™s unnecessary to wash your hair daily, if it doesnâ€™t get too greasy or dirty. While shampooing, handle your hair gently.

If youâ€™ve read this too late and have subjected your hair to chemical assault already, relax. Thereâ€™s still hope. Try Keranique hair products. They are designed to rejuvenate hair that has been afflicted to damaging processes. Importantly, Keranique system is specifically designed to work with a womanâ€™s biochemistry. If you notice that your hair is getting thinner or the bounce has gone and the shine has faded, you need nothing but the best product to restore the health of your hair.

Keranique hair products ingredients help rejuvenate hair. For hair that is showing â€œtantrumsâ€•, the best way to handle it is starting with a good hair cut. This gives them bounce and a good shape. It also prevents you from â€œfightingâ€• with your stubborn hair that hardly seems to listen to how you want them to look like.

Only after youâ€™ve used a good hair rejuvenating system, should you color your hair. This is because healthy hair radiates a better color glow and is easier to handle with the best sulfate free shampoo for color treated hair after the process.

Article Source:
http://www.articleside.com/fitness-articles/the-secret-to-shiny-color-treated-hair.htm - Article Side

Loylamoori - About Author:
The site offers Keranique hair products for complete rejuvenation of hair. To choose the best a sulfate free shampoo for color treated hair and to know more about a Keranique hair products ingredients, visit the site.

Article Keywords:
sulfate free shampoo,Keranique hair products,Keranique hair products ingredients

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!