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The best thing about medium-length hair is its versatility. You can experiment with different styles and easily style it to suit any occasion. You can straighten it, curl it, highlight it – the options are endless. However, it is also important to remember that too much of styling – especially heat styling techniques – can damage the hair.

In addition to the heat caused during blow drying or straightening, there are also other factors that can damage the hair. The harsh chemicals in dyes and hair colors can dry out the hair and make it more prone to breakage. When you expose your hair to excessive heat or harsh chemicals, the outer layers of the hair get damaged and expose the inner layers to the damaging elements. This causes the hair to be dry and brittle. Such hair can break easily and must thus be handled with care.

Caring for damaged hair

Here are some ways by which you can prevent damage to your hair and take care of damaged hair.

• Use gentle products: When your hair is damaged, it is especially important to use only gentle products that are free of sulfates. Good quality, sulfate-free hair products are available at beauty salons and online stores as well. Sulfates are cheaply available ingredients that are used to provide lathering properties to shampoos. However, sulfates can also excessively dry the hair. Using shampoos containing sulfates on damaged hair will further dry the hair and cause more breakage.

• Always condition after shampooing: Each time you shampoo the hair, use a quality conditioner. To replenish damaged hair with adequate moisture, deep condition the hair at least once a week.

• Hot oil massage: To improve circulation to the hair roots and improve the growth of the hair, pamper your scalp with a hot oil treatment once in a while. Using your fingertips, apply the warm oil on the scalp, massaging in circles.

• Avoid excess combing: If your hair is damaged, avoid combing it or brushing it frequently. Do not try to detangle hair when it is dry. After applying a leave-in conditioner, use a wide-toothed comb to detangle hair.

• While trying to restore damaged hair, choose protective styles such as buns, braids, French rolls and twists. This way, you will not have to manipulate the hair often and will protect the tresses from sustaining more damage.

• Trim it a bit: If the hair is extensively damaged, trim it off and start growing it back. Remember, short and healthy hair looks better than long and damaged hair.

These days, you get to purchase hair regrowth products that have been specially formulated to work with a woman's biochemistry. For example, the Keranique shampoo helps women preserve the youthful look of the hair and visually improve the hair's luster, texture and smoothness. The hair products for women also include Hair Regrowth Treatment that has been shown to help women stop hair loss and re-grow thicker-looking hair. The Minoxidil in it revitalizes hair follicles to help re-grow hair. In fact, Minoxidil is the only FDA approved ingredient to help re-grow hair.

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