Article published on May 1st 2012 | Health

Hair color trends have picked up remarkably in the past few years. Women are flaunting colored hair and are making a statement with the color that they are choosing. Some of them like highlights; some prefer a slight tinge of another color and some settle for a complete change of hair color. Styles vary according to geography and culture.

There is so much focus on the visual appeal of colored hair, that the impact of color on hair takes a backseat. Color strengthens hair strands and adds volume to dull hair. At the same time, repeated coloring can cause damage in the long run. Proper care of color treated hair and extra nourishment will keep them healthy and strong. Follow a strict hair care regime and do not miss on the points given below.

Wash your Hair Regularly

Washing hair regularly does not necessarily mean wash your hair everyday. It means, keeping your hair and scalp clean and not letting dirt deposits settle on your scalp. Excessive washing will make color treated hair, dry.

Choose a Shampoo for Colored Hair

Normal shampoos might prove harmful for colored hair. Use gentle shampoos and conditioners. Keranique for women has good reviews. It has been clinically tested and created to be gentle on colored hair. It will also give you fuller looking hair.

Stylists also suggest use of clarifying shampoos as opposed to regular ones. Keep the frequency of hair washes low; not more than thrice a week.

Prefer Leave-In Conditioners

Leave-in conditioners work better than normal conditioners. They hydrate the hair and do not let them dry out. Leave-in conditioners also help if there is thinning of hair. Experts advise dense cream based conditioners instead of gel based.

Avoid Hot Water Showers

Hot water showers do not go well with colored hair. Avoid hot water and long showers in cold water as well. Do not wrap wet hair in a towel. Keep them open and let them dry on their own. Don't comb or brush harshly. Also avoid lemon and other color lightening elements. They act as color fading agents and reduce color life.

Treat them with Hair Spa

Colored hair must receive proper care and nourishment to keep up the smooth texture. Treat your hair to a lavish hair spa. Nourish with essential oils at regular intervals. Focus on protein rich solutions at hair spas. It will fortify your hair and will keep them well hydrated.

While spas happen to be a monthly routine, daily care is essential. Keranique for women is targeted at those suffering from hair thinning issues. Therefore, it is extremely gentle, making it a suitable choice for those who require frequent hair washes. Colored hair also needs a gentle shampoo.

Keranique for women keeps colored hair lustrous and bouncy.

Choose all your hair care products carefully. Make sure you do not pick very strong hair care products. Do not expose your hair to driers or other parlor treatments frequently. Use home nourishment remedies and your hair will remain beautiful and strong.

Article Source:
http://www.articleside.com/health-articles/taking-care-of-color-treated-hair.htm - Article Side

Doglusbrown - About Author:
Choose all your a hair care products carefully. a fuller looking hair is a clinically tested shampoo for colored hair. Experts advise and many women prefer to use it to get a Keranique for women.

Article Keywords:
hair care products, fuller looking hair, Keranique for women

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