

5 Secrets to Long, Thick, Shiny Hair

Beautiful long, thick and shiny hair is very attainable, even after only a few months of trying. People mistakenly think their hair's growth rate can't be improved and that the best way to grow it long is simply to wait. If you want longer hair, even to the waist or lower, you can do some simple things on a consistent basis to get you there.

Hair will grow longer on its own, but only to a certain point. Eventually it will start growing very slowly if it's not properly maintained. A variety of factors including a person's biochemistry, split ends or damage, and nutrition can contribute to this. Knowing how to control these factors and how to pick the proper consumables to deal with them is important when trying to grow healthy, gorgeous long hair.

We will start with the basics - Moisturizing shampoo and conditioner. Shampoo should contain silicones, fatty alcohols, wheat proteins, and/or cationic polymers. These ingredients will help strengthen and protect the hair from environmental damage. Use a heat activated version if you regularly use a flat iron, hair dryer, or curling iron. You should always use a conditioner after washing to replenish the moisture that was stripped from the harsh hot water. If you have oily hair, use a volumizing or fine hair conditioner on the ends of hair only, carefully avoiding the scalp.

Brushing

Keep your long hair free of knots and other sources of wear. Ideally brush it daily, but otherwise try to avoid unnecessary handling.

Washing

Some shampoos can actually improve hair growth rates. They can moisturize and contribute to better, less inhibited growth. Ideally these would be hair products that have moisturizing agents and limited chemical agents.

Daily washing is not ideal if you're trying to grow longer hair, however. Only try washing every three to four days.

Nutrition and Diet

Diet unquestionably helps maintain length and shine of hair. As a result, some people use hair vitamin supplements as a way to grow longer hair. There are hundreds of hair supplements available.

Hair supplements containing vitamins E, A or B along with amino acids can help hair grow long healthy hair quickly. Using a supplement or looking for ways to add these items to one's diet can

make it shinier, healthier, and less prone to the problems that can halt hair growth like split ends.

Eat a healthy diet with lots of protein while hair is growing. In particular, eat fish, eggs, and plenty of fruits and vegetables. Vitamin supplements should be considered along with a healthy diet and daily exercise. When a person is healthy, her hair can grow long and healthy too.

Now do you ever wonder how all the celebrities seem to have perfect shiny tresses? They aren't all just fake hair extensions, either. It is part of their job to look good and photo retouching can only do so much. They are bound to get harassed by the shutter bugs if their hair is less than perfect on any given day. Read on to find out how you can get gorgeous silky, touchable hair.

Environmental Elements

Environmental elements can play a huge role on the condition of your hair. Cold air can cause hair to become dry, brittle, and damaged due to low humidity, rough winds and indoor heat. UV rays, year round (not only during summer months) wreak havoc on the hair cuticle and cortex by breaking down proteins that weaken and dry hair out over time. Leave in conditioners, weekly deep treatments such as hair masks and hot oil create a protective barrier.

Use the Appropriate Product

Using too many styling products dulls the hair so stick to one or two necessary items. Gels and creams are ideal for normal hair whereas pomades are better for thick or coarse hair. Straightening and blow drying are fine as long as you religiously use a protective product. Give the hair a cool blast after blow drying to smooth the cuticle. If your hair is color treated, use products for color treated hair to prevent the color from fading and looking dull. Get regular trims, even if you have to do it yourself, just have someone check it to make sure it's even. Right before you jump out of the shower, rinse your hair with cool water to increase shine.

You can also try some home remedies if you're strapped for cash or for a quick fix. Here are some oldies but goodies- apply mayonnaise to your hair, concentrate on the ends and cover it with a shower cap. Don't rub it into your scalp or apply too close to the hairline to prevent oily hair and acne breakouts. You can also try mixing a few eggs into a bowl with some olive oil, shampoo hair, then let it sit for 5-6 minutes before rinsing it with cool water. The key to shiny hair is to moisturize and know what type of hair you have.