

Name _____ Date _____

Our hair has to bare a lot of stress while going through hair styling and hair coloring. They start looking dull and damaged as time passes by. Not only this, our hair also begin to lose its natural shine and color. The rate of hair fall and split ends also increase to a great extent. Apart from coloring and styling, there are a lot of other factors that decide the quality of our hair.

Continuous use of various styling tools at high temperatures such as for ironing, blow drying, etc., can greatly damage your hair and also result in split ends. Not only this, but poor, unhealthy and improper diet is also a major deciding factor about what quality of hair you will have.

By taking proper care you can improve the condition of your hair. With the help of proper treatment and use of right hair care products you can easily make your hair look stronger and better than they were before. Here are some tips for improving the look and feel of your hair.

Trimming off the split ends from your hair from time to time is very essential as it will prevent the split ends from hampering the look of your hair. You can get your hair trimmed after every 6 to 8 weeks so that they grow in a healthier manner. Avoiding this step can result in frizzy and ugly hair because as the split ends will grow further, they will grow upwards causing great damage and ultimately you will have to lose a very good length of your hair so that you can get them into proper and good shape and appearance.

Your diet also plays a very important part in the growth of your hair. Dry and damaged hair may also indicate that you are missing some essential nutrients in your day to day diet. Hence, you need to pay a lot of attention to the food that you consume. Make sure that you include all the key nutrients in your food so that not only your body but, also your hairs receive all the vitamins and minerals which are essential for the wear and tear. You can also achieve this by including hair supplements in your diet to ensure growth of healthy hair.

Another important factor regarding good hair is water. Consumption of 10 to 12 glasses of water every day is not beneficial for your body cells and tissues but it is also useful in keeping your hair moisturized all the day.

Apart from this, there are various hair care products available in the market that will help you in fulfilling your dream of having healthy and shiny hair. These products majorly include shampoos and conditioners. There are again a lot of varieties for your choice according to the needs of your hair. Either you can go with the herbal products or you can also go with other products which you find suitable for your hair. Before buying these products, it is always better to get an opinion from the dermatologists so that you won't fall prey to the wrong products and damage your hair further.



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1. Which factor is not only good for hair but also for the various cells and tissues of the body?
 - a. Water
 - b. Air
 - c. Carbohydrates
 - d. Shampoo
 - e. All of the above

2. Before buying the hair care products it is always better to have an opinion from which of the following experts so that you won't fall to prey to wrong products?
 - a. chemist
 - b. Doctor
 - c. Dentist
 - d. Dermatologist
 - e. All of the above

3. Apart from the normal food what can you include in your diet to improve the quality of your hair?
 - a. Water
 - b. Shampoo
 - c. Hair supplements
 - d. Conditioner
 - e. None of the above

4. Dry and damaged hair may also indicate that you are missing some essential _____ in your day to day diet.
 - a. Nutrients
 - b. Factors
 - c. Foods
 - d. Vegetables
 - e. None of the above