

**T O P 1 0**  
**T I P S**  
**F O R**  
**G R E A T**  
**H A I R**

A QUICK CHECKLIST WITH TIPS THAT WORK.

THE SKINNY SCOUT

1. Avoid washing your hair in hot water, as this will dry the hair out.
2. Squeeze out the water in your hair before applying conditioner. This will allow your hair to absorb the conditioner better, and give you more moisturised locks for a longer time.
3. Argan oil and coconut oil are great natural hair conditioners, and they don't smell bad either!
4. Always use a heat protector before curling, straightening or blow drying your hair. Heat damage is almost always irreparable.
5. Go for a hair treatment every once a month. Trust me on this one. Either that, or use an intensive hair mask at least twice a week.
6. Don't go to bed with your hair wet. Doing so will result in a great mess when you wake up and hair that is difficult to style.
7. Try as much as possible not to back comb your hair.
8. Hair products containing silicones will weight down your hair and make it limp. Avoid these if you have flat hair.

9. Hair extensions can add unnecessary pressure on your hair roots and eventually cause your hair to fall off. Put them on only when required, such as for special occasions. Using clip-on hair extensions will allow you to take them off at the end of the day and help relieve the tension on your scalp.
10. Use a colour-protecting shampoo and conditioner if you have dyed hair. This will let your colour stay on for longer with minimal fading.



Roxanne is the face & brain behind [The Skinny Scout](#), a beauty blog that hopes to inspire women around the world to be more self-confident with weekly emails. She teaches online beauty courses and workshops to help thousands of people present the best versions of themselves. She is also the founder of indie jewellery brand, [Trouvée.Co](#), which specialises in semi-precious gemstone pieces that are classic and timeless in design.

CONNECT WITH ROXANNE ON [TWITTER](#) AND [FACEBOOK](#).