Most Overlooked Health Tip: Keep Hair Tools Clean

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You may wash your hair often because you don't want dirty hair. But do you ever clean your combs, brushes, curlers, blow-dryers and flatirons? Just like your hair and scalp, and countless other things in your life, your hair tools must be regularly and thoroughly cleaned. Here's why and how from Coco and Crème.

Why should you clean hair tools?
Simple. Everything you use to groom your hair can collect oil, dirt and dead skin cells. Dirty tools, in turn, can pass all that crud to your scalp and hair, clog follicles and pores, weigh down strands and stunt growth. Clean tools prevent dirt and oil from tainting your tresses. And there's a big bonus: That keeps the dirt off your skin and prevents breakouts.

What tools should you clean?
Everything! That means combs and brushes and all styling tools, such as blow-dryers, flatirons and curlers. And don't forget to wash much-used accessories, such as scarves, caps and satin pillows.

How should I clean hair tools?
Use the same products you wash your hair with: shampoo and conditioner! Start by picking out all the shed hair from the tools (including hair bands, pins, etc.). Remove any straggly strands you find caught in brush bristles and between comb teeth, wrapped around your blow-dryer or flatiron, or stuck on hats and scarves. Next, fill your sink with water and add a few drops of shampoo and conditioner.

Submerge all your non-electrical tools—this includes pillowcases, elastic bands and headbands—and give them a good whooshing. Use a comb to pick out any hair that stubbornly clings. Let everything sit for 10 to 15 minutes or overnight to loosen up oil and dirt. Then, wash, rinse and place on a towel to dry. (Place brush bristles face down.)

For electrical appliances, use a moist cloth to wipe down all surfaces. Make sure to get into nooks and crannies. For hard-to-reach places, use a cotton ball or Q-tip. Wipe tools dry with a clean towel.

Now, everything is clean, lean and ready to do its work: Style your hair and keep it healthy. Click here for easy stylin' tips from the pros.

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http://beta.docker.tusaludmag.com/article/Clean-Hair-Tools-21031-8705