Revive Damaged Hair With These Experts' Tips

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Just like you, your hair gets stressed out. Daily styling, chemical processing and sun exposure can leave your tresses in need of serious rehabilitation. If you don't know what to do, check out these hair rescue tips from the stylists at totalbeauty.com.

Rescue mission: Split ends and frizzy hair from excessive and damaging use of heat
Rescue remedy: Reach for the olive oil for a do-it-yourself moisturizing treatment. Use a deep conditioner once each week, or have a stylist trim the brittle ends.

Rescue mission: You hair is soft to the touch, but it's also ashy and lackluster
Rescue remedy: If your hair doesn't look as good as it feels, the culprit may be product buildup. Remove product accumulation at home with a vinegar solution. Mix a cup of equal parts vinegar and water and use as a shampoo, advises totalbeauty.com. Follow this with a moisturizing conditioner. Another way to get rid of the gunk is to use a clarifying shampoo. A conditioner with natural oils such as jojoba, or a conditioning serum, will add shine and return luster. If you have the bucks, book an appointment with your stylist to infuse your hair with semi-permanent color, which adds body and shine.

Rescue mission: Heavy limp hair from chlorine damage
Rescue remedy: Rinse your hair with 1 ounce of baking soda and 7 ounces of warm water. For severe damage, add a quarter cup of baking soda to your shampoo. Ready-made remedies include clarifying shampoos for unprocessed hair, or a salon visit for a protein-and-moisture conditioning mask.

Rescue mission: Faded hair color, wispy strands and colorless ends from sun-damaged hair
Rescue mission: To fix the problem, simply add moisture, says totalbeauty.com. Try spreading mayonnaise on your hair; let it soak in. Use a light beer to add shine. If that's too messy for you, color-formulated conditioning treatments will also do the trick.

Click here to learn what coconut oil can do for dry, damaged hair.

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