**Meta Title:** Maintain That Healthy Hair Even Under the Sun | The Urban Crew

**Meta Description:** This article provides you with tips on how to maintain healthy hair even with regular exposure to the sun.

Maintain That Healthy Hair Even Under the Sun



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Yes, summer is just around the corner. While it’s a great time to go on a vacation, it’s also time to ensure your hair stays protected. Just as the sun affects your skin, it can also damage the strands and the scalp. So, make sure you protect your crowning glory, not just from the sun, but also from humidity and heat.

Here are some tips to keep your hair healthy even when exposed to the sun:

## 1. Get a fresh, new haircut.

Regardless of your hair length, the hot summer sun can cause your tips to become dry and brittle, which are certainly unpleasant to the sight.

When summer arrives, give yourself a fresh, new haircut. This way, you can [keep your hair healthy and conditioned](https://osensia.com/blogs/news/20-tips-care-hair-best-shampoo-and-conditioner). At the same time, you can prevent split ends from forming and showing.

## 2. Protect your color-treated hair.

Color-treated hair requires extra care. This is because chemical treatments, when mixed with the effects of the hot summer sun, can cause the color of your hair to fade. They can also trigger hair dryness.

To protect your color-treated hair, choose and apply hair care products that are formulated especially for color-treated hair.

## 3. Condition your hair regularly.

If your tresses have already become dry and brittle and have suffered great damage, fret not. You can still restore your moisture by simply applying a [nourishing hair conditioner](https://osensia.com/collections/shampoos-conditioners/products/o-so-wow-conditioner). However, take note that not all hair conditioners are created equal. Thus, you need to find one that suits your hair type and answers your hair needs.

Here is a professional tip. If you plan to swim in the pool, it is recommended that you apply a hair conditioner before diving. It will act as an added layer of protection for your crowning glory. The silicone present in the conditioner can help keep the harsh chemicals away from your strands.

## 4. Shampoo properly.

Applying shampoo regularly is not recommended. A good rinse will often do the trick during those days when you don’t apply shampoo.

Now, if you feel your hair gets easily sweaty, you can use a dry shampoo instead. Also make sure to focus the cleansing on the scalp and not on your strands.

## 5. Avoid heat styling on a hot summer day.

Since your hair will be exposed to the sun, avoid using heat styling tools like blow dryers and flat iron. If possible, let your tresses air dry.

If you really have to use a blow dryer, set it to a low or medium temperature setting. In addition, do not forget to use a heat protectant product.

## 6. Consider using an overnight hair treatment product.

Do you want to prepare your hair for a long day under the sun? Then consider applying an overnight hair treatment. Simply apply your choice of leave-in conditioner from the roots to the tips and wrap your tresses with a soft towel. Leave the conditioner on overnight and you should wake up with a smoother and softer hair.

## 7. Wear a hat.

One of the easiest ways to protect your lengths from the sun is to wear a hat. If that does not suit your style, you can use a cap or a silk scarf instead. Better yet, apply a leave-in conditioner that contains SPF.

## 8. Use a wide-toothed comb.

Instead of using a regular hair brush, use a wide-toothed comb instead. This will keep your hair tangle-free, even after a long day under the sun. It can also help prevent breakage.

## 9. Choose the right hairstyle.

Heat and humidity can make your hair frizzy and dry. Combat these factors by tying your hair up. In the hot months, you can try rocking hairstyles like braids and ponytails. You can also consider wearing buns and knots. Not only do these hairstyles offer protection against frizz, they also reduce the sweating.

## 10. Keep yourself hydrated.

Yes, you probably did everything to protect your hair. But if you are not hydrating enough, you won’t achieve your goal. Both your skin and hair will benefit greatly from drinking fluids. So, do not forget to refresh with lots of water or other cooling liquids. You might as well want to add fresh fruits and veggies to your diet.

## Bonus Tip: Deep condition your hair.

Summer time is a harsh time for your hair. This is why hair care is extremely important. During the hot summer days, your tresses could get drier and more brittle. So, you have to attend to its needs more regularly. A deep conditioning treatment can do the trick. This treatment is necessary to keep your lengths nourished and hydrated.

## Conclusion

The hair does not only adorn our physical appearance. It also insulates our bodies when the temperatures are dropping. Hence, it is just right to keep it healthy, not only during summer, but throughout the year. These tips should help you start off your [proper hair care regimen](https://osensia.com/blogs/news/hair-care-tips-daily-hair-regimen).