

8 Secrets to Soft & Shiny Hair That No One Ever Told You!

Soft, shiny and bouncy, that's the kind of hair every girl desires. But girl, it ain't so easy to get them! For some, it takes a lot of research and expensive treatments at hair spas. But luckily for you, we are here with some easy to follow at-home solutions that many of you may not know of. Read them now and thank us later!

1. Go an extra day without washing your hair.



Go an extra day without washing your hair

Yeah, not washing your hair everyday makes it greasy, but on the plus side it coats your hair with natural oils. Washing it too often will strip your hair off nutrition, leaving it dry

and more prone to breakage. Wash your hair just about twice or thrice a week and see the difference.

Read More: [Quicktime Saving Hairstyles For Your Office](#)

2. Don't wash out your conditioner completely.



Don't wash out your conditioner completely

First of all, never apply conditioner on your scalp. Conditioner is only meant for the ends of your hair. Do not rinse off the conditioner entirely, wash it till you feel a little bit of it is still in there and then rather than rinsing again, just pour some cold water over it. You'll definitely have soft and shiny hair all day long!

3. Never brush your hair when it's wet.



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Follow this as a thumb rule for soft and shiny hair. Never brush your hair when it's wet but if you absolutely have to it, use a wide tooth comb to detangle it. Also remember to start at the end and make your way upwards.

4. Don't cut; trim your hair.



Don't cut; trim your hair

Rather than opting for a new haircut every other month, keep those long locks intact and go for a trim. It will keep your hair healthy and it will get rid of those nasty split ends.

Read More: [10 Hairstyles Long Hair Fashionable](#)

5. Keep away from the heat.



Keep away from the heat

Keep the blow dryers, curling irons and straightening irons at bay or use it very sparingly. Opt to air-dry your hair.

6. Leave your hair loose when you sleep.

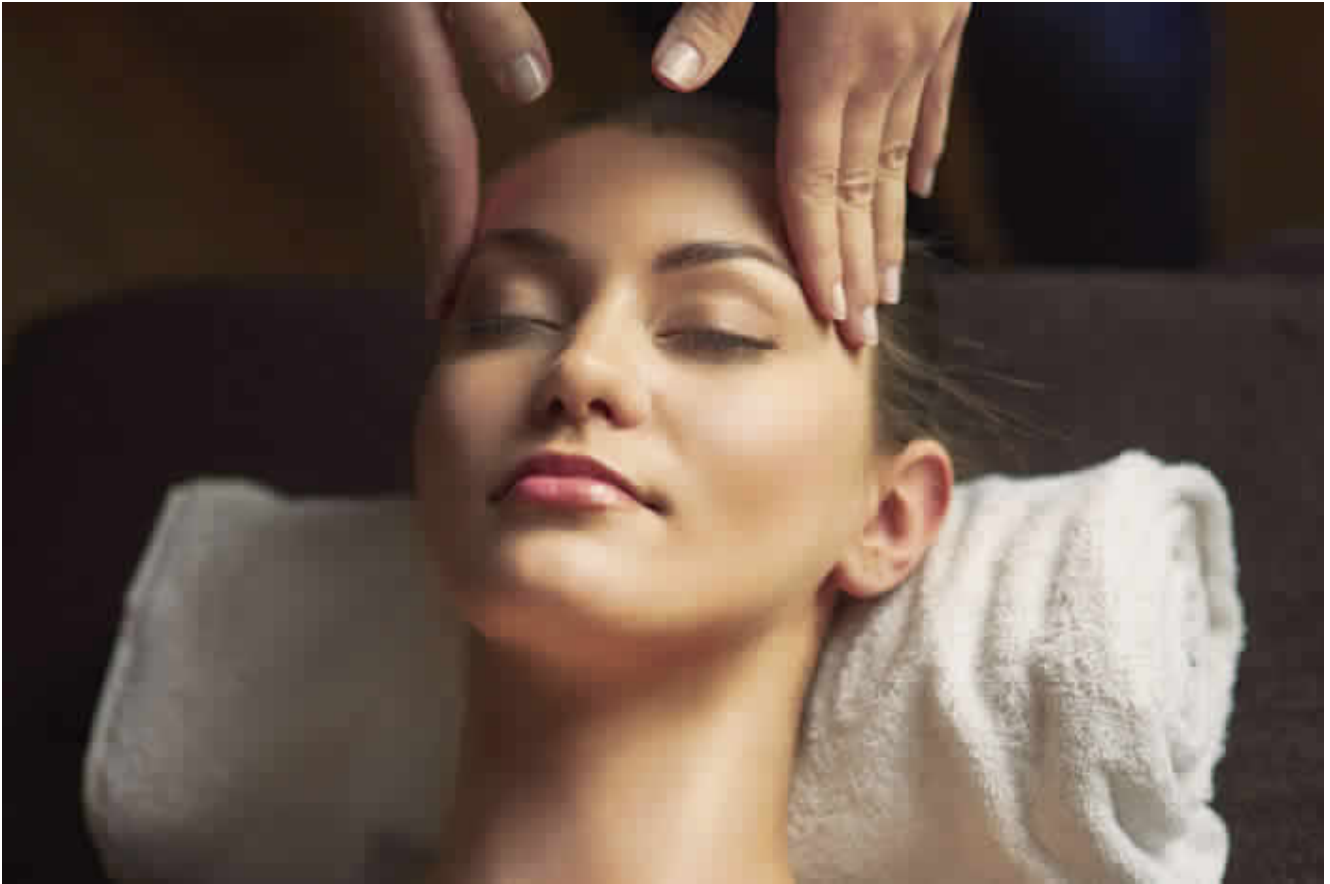


Leave your hair loose when you sleep

That's right! Never tie your hair too tightly; just leave it loose and wake up to soft curls.

Read More: [8 Everyday Easy Tips to Add Volume to Fine Hair](#)

7. Treat your hair to a coconut oil massage.



Treat your hair to a coconut oil massage

Coconut oil works wonders for people with dry and damaged hair. Regularly applying coconut oil to your hair will make it shiny and soft. Use organic or unrefined coconut oil for the best results.

8. Use the right products.



Use the right products

Hair care is all about using the right products. Make sure you choose products that will benefit your hair. If you're thinking about colouring your hair, make sure to do so under expert care. Opt for ammonia-free products such as Godrej Expert Rich Crème that will leave your hair softer and shinier as ever, even after colouring!