



Top tips for healthy summer hair by Leo Bancroft

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Get hair trimmed and pre-treat

It is so important to have your **hair trimmed** every six to eight weeks. It removes **dead ends**, and gives the **hair** a real lift. It won't make **hair grow quicker** – that's an old wife's tale - but it will make your **hair look fabulous** and stop the ends breaking off! The **sun** really **dries the hair** so use **LEOBANCROFT Ultimately Intense Moisture Mask** before, during and after your **holiday** to keep the **condition** at an optimum. Also, try and **cover your hair** with hats and scarves to **stop direct damage** as you would with your skin.

Shampoo less often

Try not to **wash your hair daily** as it really **dries it out** and strips it of natural oils. This happens more in the **summer** as the hair is naturally dry with the **heat and sun**. Once **every second day** is more than enough, and using a good quality **brush** like **The Classic** from my new range will evenly distribute the **hair's natural oils** throughout the length of the **hair** to naturally condition all over.

Avoid harsh hair dyes

Hair colour has come a long way in the past few years and **colouring your hair** no longer means damaging it. **Lightening your hair** however will always **weaken** it a little so building the strength with the **signature product** from my line, **LEOBANCROFT Ultimately Intense Moisture Mask** is vital. You can also **give your hair a break from colour** by having a **glossing treatment**, which will give amazing shine without actually having it coloured.

Pack dry shampoo

Sometimes on **holiday** we need an **instant fix** so we can spend more time in the sun. It is normal to **touch your hair** throughout the day, and any trace of sun cream on your hands and your **hair** will tend to make it a little greasier. **LEOBANCROFT Rapidly Revived Dry Shampoo** is the perfect **quick fix** and also helps for a perfect holiday daytime up do.

Time to shine

Everything looks better in the sun! So add some serious extra WOW with **LEOBANCROFT Gloriously Glossy Shine Spray** and **Instantly Sleek Serum** to give your hair the perfect holiday finish.

Drink and eat well

People often forget that **hair** is an extension of the body and is just as important as your **skin and bones!** Whatever you put into your **body** will have an **effect on your hair** so making sure you're eating lots of **fruit and vegetables** and drinking **lots of water** to keep the hair from drying out. **Alcohol** can **dehydrate the hair** and leave it looking **lifeless and dull** so as always, it's best in moderation! Adding a **zinc supplement** to your diet will also boost the **strength and thickness** of your hair.



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