

Strand Stories

Shilpi Madan dispels urban mane care myths and gets them out of your hair. Partial knowledge is lethal. Even when it comes to lock lessons. Your hair, like your smile, is something you wear everyday. So work on it. And remember, when in doubt, consult your hair stylist. Make that your anthem and your hair will love you for it...

Myth 1. Cutting hair makes it grow faster and thicker

Untrue. Chopping your locks can neither alter its biological growth rate nor its overall texture. This common misconception stems from the fact that hair is thicker at the base than it is at the tip, so shorter hair appears thicker at first. "Hair grows from the roots," says hair stylist Avan Contractor who gives snip salon b:blunt a cutting edge. "Trimming your hair frequently keeps it free of unwanted split ends, thin strands and prevents hair breakage. Cutting your hair lends it a winsome edge in terms of style and shape."

Myth 2: Split ends can be removed without trimming

Untrue. Scissor moves is the only way to go. Don't want to frequent a salon? Snip away at home using a professional set of scissors. Remember, if you use dull blades, it will make the splits worse. And if you ignore the split ends, they will grow and bifurcate the length of the hair strands. "You can curb the occurrence of split ends by using the correct products, the right way. For instance, holding the nozzle of the hair dryer along the length of the hair shaft while drying your hair. By using a stay-in conditioner, compliant in texture with your hair type..." says Contractor

Myth 3: Hair Will Always Remain The Same Texture

Untrue. "Obviously your strands do not remain same in quality and texture as they were when you were a baby," points out Contractor. "And different hair cuts bring out varying textures." So though you may be born with straight, curly or wavy locks, there are many circumstances under which your hair's ultimate texture can be permanently altered. Pregnancy, medication, chemotherapy, age and other variables can also cause temporary or permanent alteration.

Myth 4: Blow-Drying Hair Can Cause It To Smoke

Untrue. "Unless of course, there is some residue in your hair like oil, grease or unrinsed conditioner," says Contractor. On rare occasions that your hair smokes, it may also be due to the evaporation of condensation on the hair owing to generously applied styling gels or similar hair care products. So get your hair clean to kiss away the smoky blues.

Myth 5: Washing Hair Every Day Dries It Out

Untrue. "Better to have clean hair than dirty, unhealthy hair," points out Contractor. You must use a shampoo that is appropriate for your hair type and follow up with the right conditioner. The correct shampoo will actually add moisture, body and beauty to your hair. The catchword here is 'correct'. Consult your hair stylist.

Myth 6: Using the same shampoo makes hair immune

Untrue. Your favorite shampoo works great each time you work up the lather. "But if you have very oily hair or make extensive use of styling products, there is a build up," cautions Contractor. "In that case, using a clarifying shampoo once in two weeks is recommended to cleanse hair thoroughly."

Myth 7 : Lather, Rinse, Repeat isn't good for your hair

Untrue. One wash does the trick if you shampoo your hair everyday. "Remember that the shampoo is meant for cleaning the scalp and the conditioner is meant for applying on the hair strands. There is no such thing as overshampooing. Lather on if it takes two rinses to cleanse your scalp," says Contractor. Keeping in mind the pollution levels and the rain, shampooing your hair twice becomes imperative.