

《秀发迷人、长发及腰！她们是怎样做到的？》

导读:长发飘飘或许是每一个女生所梦想的。那么，怎样才能揽获此番美丽呢？



It's something that women do on a daily basis but did you know that the way you brush your hair could be ruining it?

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You may carefully select your shampoo and conditioner and splurge on luxurious oils in the hope of achieving your dream hair.

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Hairdressers have shared the crucial mistakes that ladies make every day when it comes to brushing their hair - and you probably didn't even realise how many you were making.

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Rob Fitch, Stylist at Josh Wood Atelier, has shared major hair mistakes, as well as ways to get it right.

Josh Wood Atelier??

The first mistake, he says, is brushing it when wet. 'Instead, apply a little leave-in conditioner (I like Sachajuan), use a wide tooth comb and start from the ends up,' he advises.

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He also says you should try not to rip through the ends of the hair, adding: 'It might help to take the hair into sections if it's really tangled.'

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'If you have curly hair never brush hair when dry,' he warns. 'Instead, use your hands and fingers to pull through hair loosely.'

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He maintains that the most common mistake women make is not brushing their hair enough.

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He explains: 'Hair has a lifespan of approximately seven years and on average we lose around 120 hairs a day to make way for new ones to grow. If you don't brush your hair then these hairs won't loosen out.'

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He adds that using the correct brush is the most imperative part of brushing.

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Brushing with a good brush also helps to stimulate the scalp, which encourages healthy hair growth and, contrary to popular belief, he advises against combing your hair when it's dry. 'This will tear the hair and cause split ends,' he said.

[illegible]

"The best brushes are flat, soft brushes," he said.

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