

# Tips to grow out your hair

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Some women have naturally long and flowing hair – the kind of hair the rest of us look at with envy. If you're someone who wants to grow out your hair but feel like nothing helps, don't despair. There really are simple and easy tweaks you can make to your everyday to make big differences. Check out this simple list and put these tips to good use. In no time, you'll have long locks that are full of shine and body.

Trims matter. Get frequent trims to make sure you're growing long and healthy hair. It might seem counterproductive, but the reality is that a trim will clip off the dead ends. This keeps your hair stronger in the long run because you're eliminating the breakage. A simple rule is to get a trim every six weeks, but your stylist might have personalized recommendations.

Don't dye. Show-stopping platinum blonde hair is so on trend right now, but trust us when we say to resist that urge. Going from a darker shade of platinum is going to set your hair growing efforts way back. Resist and your hair will thank you for it.

Brush before bed. It turns out your grandmother was right. Brushing your hair before bed really

can help it grow faster. Brushing right before bed helps to distribute the oils in your hair so it stays moisturized overnight. This super simple tweak can help increase circulation to your scalp, which helps your hair grow quicker.

Avoid heat. Over-styling is one of the main causes of thin, brittle hair. It might be tempting to use a hair dryer, flat iron, or curling iron on your hair every single day, but experts say you shouldn't. When you use heat every day, you're damaging your hair and that will ultimately derail your regrowth efforts. If you absolutely have to use a styling tool, decrease the heat and make sure you use a heat protectant.

Consider supplements. Even if your diet is on point, you might still be deficient in some of the key vitamins that help hair grow. These include biotin, C, and the B vitamin family. You can easily source a multi or find a combo pack formulated for hair growth. As an added bonus, you're likely to improve your skin in the process, since these vitamins help with dewy, healthy, fresh skin too.

Careful with wet hair. Brushing wet hair can be super damaging because when the hair is wet, it's more likely to break. If you have to get those tangles out post-shower, make sure you're using a brush that's suited for your hair type. Start gently at the ends and gradually working your way up to the roots to avoid the most damage.

These six tips can help you quickly and easily regrow your hair to achieve those long locks you've always wanted. Simple tricks that are easy to incorporate into everyday life, do these things and you'll be one-step closer to the tresses of your dreams.