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How to Keep Hair Looking Fabulous All Summer

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My blonde tresses are taking a beating this summer. Between swimming in the pool, surfing in the ocean, and the summer heat, I realized I needed some help. So, I asked Nicholas Penna, Jr., owner and lead stylist of SalonCapri for some easy tips to keep my hair looking beach babe fabulous all summer long. Here are some of his great ideas:

Shower Before a Swim

Chlorine, salt, and natural lake sediment wreak havoc on your hair, so before you take the plunge, Nick suggests a pre-wash and condition. It may sound weird to shower before getting in the water, but allowing your hair to soak up fresh, filtered water prevents it from absorbing the harmful properties of chlorine or salt. After stepping out of the shower (or from under the hose!) spray in or comb through a leave-in conditioner to further hydrate your locks.

Lighten up

Summer is the time to let your hair go a couple shades lighter -- but Nick warns that remedies like lemon juice and hydrogen peroxide can increase dryness and breakage. To avoid this, Nick suggests applying a mixture of lemon juice and conditioner on your dampened hair. This allows the sun to lighten up those roots while keeping your hair moisturized!

Rehab Your Hair

When you officially retire from beach bummin' for the day, make sure to hop in the shower and start rehabbing your hair! Use a restorative shampoo which removes chemicals and helps rebuild your hair's fibers.

TIP: If you're showering before bed, don't rinse out the conditioner. Instead, leave it in and wrap your wet, conditioned hair in a hand towel and fasten with an elastic. Let your hair rehab

overnight and absorb all the moisturizing agents of the conditioner. Then give yourself a fabulous blow dry with a round brush in the morning -- Nick guarantees that your 'do will be full of body, shine, and irresistible softness!

Keep Hair Strong

To prevent your hair from split ends, it's always a good idea to get a trim and treatment done at your local salon once a month. For a wallet friendly alternative, try a hair mask as a once a week deep condition.

TIP: Eat proteins like fish and nuts to keep your hair healthy! This will enhance your hair's strength and prevent breakage.

Fight Frizz

The summer humidity can make your straight hair go frizzy in a matter of minutes! Nick prevents this by using a good moisturizing cream-based product. Put a little dollop of the product in your hands and run your fingers through your hair, spreading the product evenly throughout your locks. This is a great way to tame the frizzes while adding moisture back in your hair!

TIP: For emergency fixes, Nick says to keep dryer sheets to smooth hair down. Not only will it take the frizz out, but it will add shine and leave your hair smelling fresh all day!

Condition, Condition, Condition

Summer heat can cause weak and dry hair fast. A conditioning treatment instantly adds life and moisture to your hair and gives your hair a boost of condition and shine.

TIP: If you can't splurge on a salon conditioning treatment, the tried and true at-home remedy of olive oil works too. Take one tablespoon of olive oil, rub it in the palms of your hands, and smooth it through damp hair. If you want a deep condition, leave the olive oil for an hour or two, if you want a light condition, rinse it out immediately. This is a great way to cure dry, damaged, split hair from the sun and chlorine.

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