

# Looking After Your Hair

## Hair Types and How to Care for Them

### Hair Types

People have different types of hair and hairstyles. People can have different types of hair such as oily or greasy hair; dry hair and some hair can be 'normal', although this is the least common hair type.

### How to Care for Different Hair Types

#### How do you care for dry hair?

If you have dry skin, then it is most likely that you will have dry hair too. Dry hair occurs because your scalp does not make enough oil. Your hair may be frizzy and the ends may be spilt. Your hair may break easily.

#### To care for dry hair:

- Only wash your hair when it needs it.
- Try to avoid heat such as hairdryers.
- Try to use a conditioner and leave it on your hair for 10-15 minutes.

#### How do you care for oily or greasy hair?

Oily or greasy hair is very common. It is likely that those with oily skin also have oily hair. Oily hair occurs because your scalp makes too much oil, and this makes your hair oily. Your hair can sometimes look dull. You may have dandruff.

#### To care for oily or greasy hair:

- Wash your hair a few times a week or when it needs it.
- Try not to touch your hair with your fingers.
- Try not to put conditioner on your scalp.
- Wash your hair in cool water rather than hot water.



## What can affect your hair and scalp?

Lots of different things can affect your hair and scalp, including what type of hair you have:

- What you eat and drink – fruit and vegetables, meat and fish are very good for strong, healthy hair. Drinking water is good too.
- Brushing your hair daily will help your hair.
- Washing your hair with shampoo and conditioner (when your hair needs it), using gentle products is good.
- Try not to style your hair with lots of heat such as hairdryers and straightening irons, as these can damage your hair. Try to let your hair dry on its own when you can.
- Using lots of hair gels and sprays can make your scalp and hair oily.
- If you colour or dye your hair, try not to do it too often, as the chemicals in hair colours can damage your hair.

**Love your natural hair and look after it!**



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Read through the fact file on looking after your hair. Read the sentences below. Cut, match and stick the words from the word bank in the correct places to complete the sentences.

People can have different types of hair such as oily or \_\_\_\_\_ hair. Oily or greasy hair is very common.

Some people have \_\_\_\_\_ hair and sometimes hair can be called 'normal', but this is rare.

If you have dry hair, you may also have dry \_\_\_\_\_.

If you have dry hair, try to avoid \_\_\_\_\_ such as hairdryers, which can make dry hair worse.

Oily hair occurs because your scalp can make too much \_\_\_\_\_.

If you have oily hair, try to wash your hair a few times a week and try not to \_\_\_\_\_ your hair. You could also wash your hair in \_\_\_\_\_ water.

Eating fruit and \_\_\_\_\_, meat and fish, are very good for strong, healthy hair.

Brushing and \_\_\_\_\_ your hair will help it grow and stay in good condition.

Using lots of hair gels and \_\_\_\_\_ can make your scalp and hair oily.

### Word Bank

greasy	washing	skin	heat	sprays
vegetables	touch	dry	oil	cool