

5 WAYS TO PROTECT YOUR HAIR WHEN YOU WORKOUT

Working Out can sometimes be a real drag and often times you may feel as if simply don't want to work out to avoid messing up our fly hairstyles or ruining the perfect twist-out that you JUST did two days ago! But have no fear, Follow our guide to 5 ways to protect your hair when you workout!!

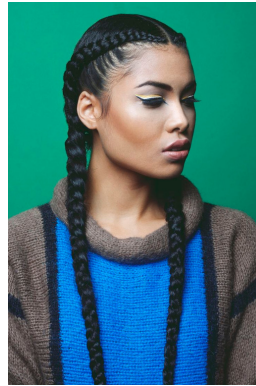
PINEAPPLE HAIRSTYLE

Tried and True, the Pineapple hairstyle is a perfect way to protect your curls and add volume while you workout!



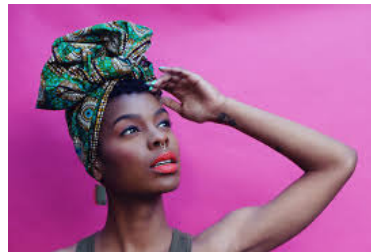
CORNROWS/ BRAIDS

Cornrows/ Braids are a perfect way to keep your hair out of your face and once you let it dry you can have two styles in ONE!



HEAD SCARVES

Head Scarves are a perfect way to wrap your hair up cute and still protect your tresses as you workout! If possible, try to line your head scarf with a silk or satin fabric to prevent friction and possible split ends



#HAIRONPURPOSE

DRY SHAMPOO

Believe it or not, using Dry Shampoo on your scalp work by absorbing the oils and product build up. Dry Shampoo works by spraying the roots of your head before and after a workout



PROTECTIVE STYLE

Whether you choose to put your hair in a weave, Senegalese twists Select a style that is cute but also helps you not have to touch your hair so much!

