

# Beauty Tips: How to Combat Frizz During Spring Showers



By Carly Horowitz

April showers bring May flowers, but what do they also bring? FRIZZ. We all know that most people don't enjoy it when their hair starts to get frizzy in the humid spring air. In addition to humidity, frizz can also be caused by lack of hydration in the hair. Luckily, there are multiple [beauty tips](#) and tricks that can be used to minimize frizziness. Whether you have planned a [date night](#), [romantic getaway](#) or are just running errands around your town, your frizzy hair can be combated after experimenting which routines work best for your hair type.

# Check out some of Cupid's special beauty tips on how to combat frizz during this time of year!

**1. Use a hydrating mask:** Dehydration is a main cause of frizzy hair- especially for people with curly hair. If you use a hydrating mask on your hair once a week, or once every two weeks, it will minimize the dryness that can occur in your hair. Maybe have a get together with your friends and each of you can try a different hydrating face mask and see which one works best! Do keep in mind that hydrating masks effect different hair types in a variety of ways. Once you figure out which works best for you and your unique hair type, you will be set.

**2. Condition, condition, condition:** Conditioner also helps to hydrate your hair. It is even better if you find a conditioner with specific hydrating products in it like glycerin, coconut oil, and shea butter. This will make your hair nice and silky!

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**3. Minimize blow-drying:** The direct hot air from a blow dryer has the ability to dehydrate your hair even more. Try to minimize your usage of a hair dryer as much as you can. Although, it is okay if you use one towards the end of the air drying process just to help style your hair. Make sure you use some type of heat protector on your hair before exposing it to the blow dryer so that you prevent further damage to your hair- which also can cause frizz.

**4. Brush your hair more:** We are born with exactly everything that our bodies need to thrive. Our hair is already abundant with natural oils that can be easily dispersed by brushing your hair more often, or washing your hair less often. No need

to break the bank on expensive products for your hair when you are already blessed with natural products!

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**5. Get sulfate-free shampoo:** In addition to purchasing a sulfate-free shampoo which will help to decrease frizziness, also look for one with glycerin in it as well, as mentioned earlier that this helps to hydrate your hair. Special tip: the higher listed the product is on the 'Ingredients List' on a shampoo or conditioner bottle, the more abundant that ingredient is in the bottle.

**6. Try natural remedies:** If you want to try something different, certain natural remedies have been proven to help tame frizzy hair. To name one, the acidity in apple cider vinegar can minimize frizz if you run some of that through your hair diluted with water after you do your routine shampooing. Rinse it off with cold water after about 30 seconds, then continue with your conditioning routine. Have fun experimenting with other natural remedies as well like an avocado and olive oil mask, raw egg and olive oil treatment, carbonated water rinse, etc.

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**7. If all else fails, a bun is the way to go:** By throwing your hair into a bun, it can ease frizz in itself. Or if you're going for the messy bun look, the frizz that is already there can add to your look! Yes, many people want their hair to look chic and frizz-free, but we should also embrace the beauty of our naturally occurring hair.

Battling frizz is a true struggle for certain hair types. These tips are sure to do the trick, but always remember that however your hair decides to fall today, it is naturally and beautifully you!

**Have a secret frizz-free trick you want to share? Comment below!**