



Surviving Summer Styling

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There's a lot of risk to our hair during the summer months - and I'm not just talking about increased humidity!

3
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I consulted Edmondo Blando, owner of [Salon Vanity](#) in Philadelphia, and he gave some fabulous tips on how to avoid hair damage during the perilous (yet fun in the sun!) months of summer.

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Image: Sxc.hu

Step away from the blow dryer

With so much time in the sun, try to avoid using additional heat when styling. Instead rock the beach look of natural hair. Not only is it in style but it will also help strengthen your hair.

Bring your conditioner with you

Next time you pack your beach or pool bag, throw in a small spray bottle and your favorite leave-in conditioner. Dilute the conditioner with water and spray away! The solution will restore the moisture that the sun and sea steal.

My (and Edmondo's) current obsession? The newest Moroccan Oil product, the Restorative Hair Mask!

Go to your salon a trim

Trimming for the summer can cut any damage by removing unhealthy ends which will become worse after sun exposure.

Knot fun

Don't forget your comb at home this summer. Hair can get knots after a swim or beach activity. Make sure to spray your hair with a little conditioner or UV protectant and comb out those knots with a wide tooth comb before they become unmanageable.

Do you have any tried-and-true summer style tips? Please share them with us!