# Protecting Hair from Sun Damage: Tips and Products for Summer Haircare



**Protecting Hair from Sun Damage**

As summer approaches, it's important to consider the impact of sun exposure on hair. While SPF is well-known for protecting skin, the need for sun protection for hair is often overlooked. Although hair itself doesn't face the same risks as skin, protecting the scalp from sunburn and maintaining hair health are crucial.

**Scalp Sun Protection**

Hair parts and thinning areas can lead to scalp sunburn. Laura Elliott, head stylist at Neal & Wolf, advises applying SPF50 to exposed areas. Spray sun creams and mineral powder sun protectants, which offer SPF30, can be less greasy alternatives. Hats are also recommended for extended sun exposure.

**Preventing Hair Damage and Color Fade**

Suzie McGill from Rainbow Room International highlights the risks of dry, brittle hair from sun exposure. The sun weakens hair structures and strips natural oils, leading to texture issues and color fading, especially in lightened hair. Products like Schwarzkopf Professional Bonacure Color Freeze can help preserve hair color and prevent damage.

**Using UV Protective Products**

Elliott suggests using styling products with built-in UV protection and heat protectants like Neäl & Wølf Guard Heat Protection Spray, which protects up to 220°C. For damaged hair, cool showers, soothing treatments like aloe vera, and hydrating masks are recommended.

**Recommended Sun Protection Products**

**Conclusion**

Addressing these sun protection measures can help keep hair healthy and vibrant throughout the summer months.