**Title:** can the sun damage your hair

**Focus Keyword:** can the sun damage your hair

* AHREF: 150, KD: 3- easy
* GKP: 170, KD: low

**URL Slug:**/can-the-sun-damage-your-hair/

**Word count:** 400-600

**Inspiration Articles/Resources:**

* <https://www.byrdie.com/how-to-prevent-sun-damaged-hair>
* <https://www.fforhair.com/ffor-world/does-the-sun-damage-your-hair>

**ChatGPT Request:**

Write me a 400-600 word blog that answers two key questions:

1. Can the sun damage your hair (and how)?
2. How can you prevent sun damage to your hair?

Explain how the sun effects hair & how you can prevent that damage. In in the intro, you can point out how lots of people protect their skin from the sun, but not their hair. Use headers throughout the blog, so it’s easy to scan at a glance.

For the body of the blog, talk about how the hair gets damaged by the sun and how people can fix it (include product recommendations by Kerastase or Oribe). You can browse Kerastase products here: <https://www.kerastase-usa.com/>. You can browse the Oribe products here: <https://www.oribe.com/oribestorefront/oribe/en/-/>.

Take inspiration and information from the following blogs:

* <https://www.byrdie.com/how-to-prevent-sun-damaged-hair>
* <https://www.fforhair.com/ffor-world/does-the-sun-damage-your-hair>

This blog needs to be written in first person plural by the hair stylist professionals at Facetté The Hair Experience. Write with a fun, funny, friendly, relatable, welcoming, informative tone of voice.

End the blog inviting people to come get advice from our team or purchase high quality products.

**Blog**

While you're busy protecting your skin from the sun's harmful rays, have you ever stopped to think about the impact those same rays can have on your hair?

That's right – your luscious locks are not immune to sun damage. But don’t worry, because we are here to shed some light on this topic and share how you can keep your hair looking fabulous all summer long.

First, let’s tackle the most important question: can the sun damage your hair & how?

[H2] Can the Sun Damage Your Hair?

While sunbathing may feel great, prolonged exposure can actually wreak havoc on your hair. Those UV rays, combined with heat and humidity, can lead to a host of hair woes.

One common culprit is the sun's ability to break down the hair's protein structure, causing it to become brittle, dry, and prone to split ends. Additionally, the sun's rays can fade and alter hair color, leaving you with lackluster and less vibrant strands.

[H2] How Can You Prevent Sun Damage to Your Hair?

[h3] Shade is Your Best Friend

Just like you seek shade to protect your skin, give your hair the same courtesy. Wear hats, scarves, or stylish headwraps to shield your strands from direct sun exposure.

[h3] SPF for Your Hair

Yes, you heard that right—SPF for your hair! Look for hair care products with UV filters or sprays specifically formulated to protect against sun damage. Our favorites include [Oribe Invisible Defense Protection Spray](https://www.oribe.com/oribestorefront/oribe/en/-/Shop-All/Oribe-Hair/Oil/Invisible-Defense-Universal-Protection-Spray/p/401180) and [Kerastase Huile Sirene Hair Oil Mist](https://www.kerastase-usa.com/collections/soleil/huile-sirene-hair-oil-mist.html), but the options available at Facetté are endless.

[h3] Hydrate, Hydrate, Hydrate

Just like your body needs hydration during the hot summer months, so does your hair. Use moisturizing shampoos and conditioners to replenish lost moisture and prevent dryness. We’re also big fans of hair masks for deeper hydration!

[h3] Seal the Cuticles

Consider applying a leave-in conditioner or hair oil to seal your hair's cuticles and provide an extra layer of protection. [Kerastase L’Huile Original Hair Oil](https://www.kerastase-usa.com/collections/elixir-ultime/lhuile-original-hair-oil.html) and [Oribe Gold Lust Nourishing Hair Oil](https://www.oribe.com/oribestorefront/oribe/en/-/Collections/Gold-Lust/Gold-Lust-Nourishing-Hair-Oil/p/400270) are fantastic options that will leave your hair feeling silky-smooth and shielded from the sun's harmful rays.

[h3] Rinse After a Swim:

Chlorine and saltwater can amplify sun damage, so make it a habit to rinse your hair after taking a dip. This will help remove any residue and minimize the drying effects.

Remember, just as you wouldn't skip sunscreen for your skin, don't neglect your hair's health either. If you have any further questions or need personalized advice, don't hesitate to [reach out to our team](https://www.facettemedicalspa.com/contact/) of experts at Facetté The Hair Experience.