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## 3 Steps to Shiny Hair With Our 2016 Best of Beauty Winners

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Unless you can run your hands through your hair each morning and marvel at its Blake Lively-esque shine and Selena Gomez-level bounce, it's time to up your conditioning game. Thankfully, these 2016 Best of Beauty winners have got you covered.



### When Your Hair Is Dry...

**There's a reason most deep conditioners instruct you to slather them on**

**preshower**, and it's not to turn your floors into a Slip'N Slide. "Once your hair is wet, oils and moisturizers can't penetrate the hair shaft as well,"

says **Ava Shamban**, an assistant clinical professor of dermatology at UCLA. Brush out any knots on dry hair with a Tangle Teezer The Original Styler, then massage a palmful of a silicone-based mask from roots to tips, raking through the hair with your fingers until every strand is coated. Leave it on for the exact time on the directions, then step into the shower and rinse your hair thoroughly. (Note: If your hair is coarse or kinky, try a heavier, oil-based treatment.)



## When You're in the Shower...

**After shampooing, wait until your bathroom is hot and foggy to comb in your usual conditioner.** The heat and steam give the conditioner a better shot at penetrating each wet strand. And make sure you choose the

formula that's right for your hair texture: a volumizing one hydrates fine hair without smothering it, while a conditioner packed with smoothing dimethicone and keratin flattens and softens frizzy hair. If you're on the curly spectrum, look for a glycerin-based formula or one with rich butters.



## Before You Style...

**Conditioning doesn't stop once you've stepped out of the shower.** Except for whisper-thin hair that goes lank at the mere mention of oils, all hair textures benefit from a lightweight styling oil, which soaks into the follicle and acts as a deep conditioner. When hair is still damp, rub a dime-size drop of oil between your palms and fingers (as you would a hand lotion) and rake them through your hair, starting at the back of your head and moving forward so you don't weigh

down bangs or face-framing layers.

<http://www.allure.com/gallery/3-steps-shiny-hair-blake-lively>