



The Best Thing for Your Hair is Skincare and Yes, You Read That Right

By Rebecca Norris | July 17th, 2019



Okay y'all, get this: the very ingredients that you swear by for clear, glowing skin can also work wonders for a head full of Disney princess-level hair. In other words, skincare for your hair is a trend well-worth paying attention to. Now, before you go slathering your strands with face lotions, creams, and toners, take a sec to imagine the dozens of best-selling haircare products on the market.

Whether you're looking for a shampoo, conditioner, leave-in, or mask, there's a product for that. But before picking your hair poison, be sure to check out the list of stylist-approved skincare-turned-haircare ingredients, below.



Hyaluronic Acid

“Hyaluronic acid is the hottest new haircare ingredient and is an excellent moisturizer [considering] it happens to be a component of your skin,” says board-certified dermatologist and celebrity beauty expert Dr. Anna Guanche . “Adding it as a haircare product that reaches the scalp skin helps moisturize the hair follicle and the skin surrounding it.”



Coconut Oil

Guanche puts it point-blank: Coconut oil is known to be soothing and moisturizing to the skin and hair.



Olive Oil

According to [Guanche](#), olive oil is best known for its hydrating and nourishing hair properties thanks to its antioxidant-rich make-up.



Jojoba Oil

Looking for shiny, healthy hair? [Guanche](#) says that this nutrient-rich ingredient is a key player not just for skin, but hair too thanks to its deeply moisturizing properties.



Almond Oil

Hydrate your hair and pump up the shine with this classic oil that **Guanche** says benefits both skin and strands.

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