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Choosing the Right Conditioner by [James](#)

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As with most things in life these days, choosing the right conditioner depends on many different things. One of those things is preference, the type of conditioner you purchase, more specifically the brand, will depend on what you want. However, more important than the brand and preference is the type of hair you have.

Just like with your skin, hair have different types as well. You may have dry hair, fine hair, or normal hair. It is almost too easy to tell which type of hair you specifically have. For dry hair, you will notice that it tends to frizz more often than not. For fine hair, the hair tends to be limp, lacking volume. For normal hair, the hair is generally shiny and very healthy looking.

Understanding your type of hair will greatly help you determine which type of conditioner you need to be using. If you choose the wrong type of conditioner, you may find that you worsen the condition of your hair, making even more dry, more limp, or even oily.

With that being said, let us have a look at what you should be choosing based on your hair type.

If you have shiny, healthy, normal hair, congratulations, you will want to choose a conditioner that is made specifically for your hair type! The hair conditioner container will state "For Normal Hair". If you are one that has dry hair, noticeable by the continuing frizz, you will want to choose a conditioner that contains moisturizers and again, it will state "For Dry Hair". Lastly, for those who have fine hair, there is a conditioner known as volumizing, specifically for this hair type.

It is important to remember that just because your shampoo is of one type; it does not determine the type of your conditioner. When you choose your shampoo, you should be choosing based on your scalp, not your hair. When you choose your conditioner, you need to be choosing based on your hair, not your scalp. Beyond the basic hair types, there are other types of conditioners as well. Some are detanglers, some protect your hair from thermal damages caused by hair dryers and curling irons, some are specific for colored hair, some are leave in and others are rinsed out immediately. Choosing a conditioner is no longer just picking one of your favorite brands, it is choosing one that will help your hair look its best.

"Choosing the Right Conditioner" is a courtesy of BeautyItems.com, a catalog of beauty products and a directory of beauty tips.

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BeautyItems is a beauty directory that includes a [Chicago beauty salons](#) and a [right conditioner](#) tips.

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