

fine
hair
care

Summer Kit

by Dora Marii



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Just between two periods of extreme heat I have to share some tips, how to make it more comfortable, especially for girls and women with medium-length to long hair. Heat waves are more challenging in regions where air conditioning is not wide-spread, like in most parts of Europe.

With a lot of sweating we just have to take more showers during the day. If you wash your hair frequently, there are mild shampoos for this purpose; look for “pH neutral” descriptions on your next shopping trip to the store.

The big advantage of the heatwave is that the hair dries a lot faster so you don't need the hair dryer. Maybe this is the perfect opportunity to try out natural wavy hair styles 🥰 Using the method I describe below for medium long hair, you can cool down with showers, tie the hair in a knot or by making snails and using clips, let the hair dry naturally. Treat yourself with beautiful, full hair in spite of the heat!

Another easy way to style short to medium long hair is to use a sea salt hairspray. This is lighter than forming mousse or gels and it creates that seaside vacation look that looks great with a long, light summer dress and a pair of sandals.

As a final thought, it is okay to wash your hair more often than once a week. I cannot believe that people are giving this advice, to wash your hair only once a week! It is not the washing that damages the hair. It is how many products you use, what kind of shampoo you take, how often do you use heat styling and sometimes, how your hair before going to sleep.

Have a nice summer vacation!

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you like this book!

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