

Braiding Protects Hair—But Won't Boost Growth

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Braiding is often hailed as a go-to hairstyle for healthier, longer hair. But according to hair-care specialists, its benefit lies less in stimulating growth and more in preserving what you already have. While braids won't make new hair grow faster, they can help **minimize breakage**, reduce friction, and retain moisture — creating a safer environment for your strands to thrive.

The Risks: Tension & Traction

Dermatologists warn that if braids are too tight, they can do more harm than good.

Very tight braids can lead to **traction alopecia**, where constant pulling damages the hairline. To avoid this, experts recommend loosening the tension, giving your scalp room to breathe, and limiting the duration of any braided style.

Moisture Management Is Key

One significant advantage of braids is their capacity to help retain moisture. By tucking strands away, they reduce daily exposure and friction, which helps protect delicate ends. Experts also advise regular scalp care — cleansing and gentle moisturising. Even when hair is braided, to prevent buildup and itching.

How Long to Keep Braids

According to stylists, the ideal duration for keeping braids in is **6–8 weeks**. Going beyond this can increase the risk of breakage, especially if the braids are tightly installed or if synthetic extensions add weight.

Bottom Line: Braids Help Length — Not Growth Rate

Experts agree: braids don't make your hair grow faster, but by protecting the strands from damage, they help you **retain length** over time. However, the real rewards of braiding come only when you balance style with scalp health — loosen the tension, cleanse regularly, and don't leave styles in for too long.

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