

SELF

Shopping

The Best Deep Conditioners for Showing Your Hair Some TLC

Tackle dryness, damage, and frizz with these nourishing picks.

By [Sara Coughlin](#) December 23, 2024



If your hair's been feeling a little thirsty, it's probably time to add a deep conditioner to your weekly routine. The best deep conditioners (i.e., thick, rich hair products like masks that you leave in for a few minutes and then rinse out) repair, smooth, and hydrate hair more intensely than regular conditioners.

FAQs about deep conditioners

What should you look for in a deep conditioner?

Some of those moisturizing ingredients include glycerin, panthenol, and plant oils like jojoba and argan oil, [Connie Yang, MD, FAAD](#), a dermatologist with [PFRANKMD](#) by [Dr. Paul Jarrod Frank](#) in New York City, tells SELF.

Beyond hydrators, your deep conditioner should also contain strengthening agents like keratin and silk and other plant proteins, [Dr. Yang](#) says.

How should you incorporate a deep conditioner into your hair care routine?

If your hair is especially damage-prone, [Dr. Yang](#) says you can try deep conditioning multiple times in the same week.



Best for Shine: Shiseido Fino Premium Touch Hair Mask

"I love Shiseido's Fino Premium Touch Hair Mask," [Dr. Yang](#) says. "Not only does it strengthen and repair damaged hair, but it also leaves your hair with the most beautiful gloss and shine."