

Is it safe to dye my hair during pregnancy?

Most experts think that using hair dye during pregnancy is not toxic for your fetus. There are different types of hair coloring, including:

- Permanent color
- Semipermanent color
- Temporary color

These all contain chemicals. Studies on animals show that high doses of these chemicals do not cause serious birth defects. Also, only a small amount of chemicals from hair dye is absorbed through the scalp.

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