

## TIPS FOR HEALTHY HAIR

## YOUR HAIR CAN AGE!

- **Remember, be patient, hair can't grow overnight.** According to celebrity stylist Mark Townsend as quoted in Cosmo, "Hair typically only grows about a quarter of an inch — to a half an inch max — a month, ... And that's only if it is super-healthy and doesn't have a ton of split ends."
- **Product build-up and reduce hair growth.** Most shampoos and conditioners, even high end salon quality products, contain ingredients which build up on your hair and scalp over time. Your scalp needs to breathe in order to increase blood supply to your hair follicle, promoting healthy growth. Clarifying shampoos will help to remove build-up but be very careful to not overuse clarifiers. They will dry your hair out. There are some great products which remove build up while nourishing and hydrating at the same time.
- **Get rid of the split ends.** Don't be afraid to trim your hair. That will not shorten the time for it grow. On the contrary, you are keeping your hair from breaking off at the ends. There are is also fantastic split end mender that I regularly use and am happy to share with you.
- **Don't shampoo every day.** Every time you shampoo, you are removing your own natural oils. Your hair loves your natural oils and needs them to stay healthy. Opt for a dry shampoo. Just steer clear of one with talc.
- **CONDITION, CONDITION, CONDITION!** And rinse conditioner with cool water. One simple rule: If your hair gets we, condition it. Especially this summer when you are in the pool or ocean, put a leave in conditioner in your hair prior to getting in the water to help protect your hair from the chlorine or salt. When showering, always rinse your conditioner with cool water. Cool water will close up your hair cuticle and lay the hair down, trapping the moisture in your hair.
- **Give yourself an oil treatment.** Find a good oil treatment which does not contain silicon. Silicones make oil much thicker. This will lay your hair down and make it look super shiny. This is great but it does nothing to nourish or hydrate your hair because it is too thick to sink into your hair. So, for an oil treatment, you need an oil where the molecular structure is small enough to penetrate into the hair and scalp.

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- **Give yourself a protein treatment.** But NO MORE than once per month. Protein is great for nourishing your hair but too much protein can actually dry your hair out.
- **Consider taking hair and nail boosting supplements.** Find a good multivitamin which contains Biotin and other essential minerals which contribute to healthy skin, nails and hair. Always ask your doctor before starting a new supplement.
- **Brush with care!** Find a brush which is gentle and can distribute your natural oils into your hair, such as a boar bristle brush. When brushing wet hair, always start at the bottom and work your way up.
- **Sleep on silk or satin.** Change your pillow case out from cotton to either a silk or satin pillowcase. As a BONUS: this is also good for deterring wrinkles in your face! WHOOP WHOOP!
- **Don't wrap your hair in a heavy towel.** The weight of the towel can actually pull and tug your hair away from the scalp and cause your hair to break. Find a nice, thin micro-fiber hair towel for when you get out of the shower.
- **Careful with the ponytails!** We all have seen where ponytail holders have broken our hair off. There are several great options for pulling your hair up without causing damage. I have several that I use for myself and my daughter.
- **TURN DOWN THE HEAT!** We love our hair tools, whether we are blow drying, curling, or straightening, we constantly are applying damaging heat to our hair. In tip #2, I said to remove build-up. But that makes our hair even more susceptible to heat damage. So ALWAYS, ALWAYS, ALWAYS, use protection such as a Blow Out Cream which contains a heat protectant. And turn the temperature down on your tools. Never dry your hair above medium heat and keep those curling irons and straighteners on low heat. I promise, they will still work but will cause less damage.