

Winterize Hair Care

In the cooler weather, when inside heat sucks moisture from the air, it's a good idea to winterize your hair care routine. Here are a few tips to keep hair healthy, shiny and frizz-free during the winter months:

- Shampoo hair less and change to a more moisturizing shampoo and conditioner; it's best to recommend products that will replenish moisture without making hair flat.
- Apply a styling product before blowdrying to: protect hair from getting further damaged from mechanical tools, coat the hair to help reduce static and flyaways and help to detangle.

Tip: If you have static electricity in your hairbrush, spray styling product directly on it to help equalize. A fabric softener dryer sheet can also be run along the top layer of hair to control flyaways.

- Inside heat is very dehydrating, which contributes to static electricity, so when your heat goes on in the fall/winter, turn the temperature level on your styling tools down a bit. With less humidity in the air, you don't need as much heat to dry, smooth and control hair. **ms**

