

Beauty News & Notes

How To Avoid A Bad Hair Day

(NAPSA)—Women wake up every day with an expectation of how they should look before they go outside and face the world. With so many factors playing a role in the mood of their hair, such as temperature, humidity, rain, chemicals and weighty products, it's no wonder so many women experience the dreaded "bad hair day."

With over 25 years experience styling some of the world's most beautiful women and models in Miami, Samy Suarez, AKA "Samy" to millions of viewers of the TV shopping network HSN, shares his secrets on how to avoid "bad hair" while bringing out your own inner beauty.

1. Know your personality and face shape. Don't follow this season's long-hair trend just because the magazines say it's in. If you have a rounded face, try short, textured bangs.

2. Look at the label. Proteins and herbs help hair health. Avoid wax, residues and harmful chemicals.

3. Take Sunday off—you've been working hard all week and so has your hair. Take a rest from the scrubbing, water and product. Try adding a small amount of baby powder to dry the oils and give your hair a fresh scent.

4. Don't overcondition. Just because the bottle says daily conditioner, daily use does not apply to all hair types. "I talk to women all over the country when I present on HSN and they make the same mistake. I say, try taking every third day off to see how your hair reacts—you may see a light, full difference."

5. Always apply a generous amount of hair-appropriate finishing product (mousse for thick or



Samy Suarez

healthy hair, gel for fine or dry hair) to keep your style and volume all day.

6. If you live in a humid climate, then you may need to use products designed to stop frizz, calm and destress unruly hair.

7. Blow-dry your hair at the root. For a natural-looking boost, turn your head upside down and blow-dry starting at the root, going out and on a cool setting.

8. JUST SAY NO to hairsprays with waxes and residues, which just add weight to hair.

9. Air-dry at least once a week. Give your hair a break from the damaging heat of a blow-dryer.

10. Change it up. If you are having more than one bad hair day a week, you need a good cut and maybe a new style. Find a good stylist; it will improve your overall attitude.

Women can take control of their hair and have a great look each day, with little effort. For more information on Samy's hair product collection, tune in to HSN and hsn.com, where he regularly introduces his hot new hair styling trends and tricks of the trade.