



## Getting Your Tresses Dressed For Winter

(NAPSA)—As temperatures begin to dip and we bump up the heat in our homes, our hair is being robbed of moisture. Add the stress of heat styling and it can leave hair dull, brittle and hard to manage. Fortunately, all it takes to revitalize stressed hair is a few minutes—and the right conditioner.

When hair loses moisture, it starts to look dull and frizzy, and then it can begin to split and break. So when the weather gets cooler, you need to pay special attention to the moisture needs of your hair. A hot oil treatment, such as Ion Repair Solutions, will help to restore moisture and softness to severely damaged hair from overprocessing, heat styling or environmental exposure. In most cases, you simply heat the bottle or tube in hot water for two to three minutes and then apply and rinse. You should see immediate improvement.

If this type of treatment leaves your hair too oily, opt for a hair masque or a reconstructive conditioning crème. There are weekly treatments as well, but the crème generally works better on fine hair.

These weekly treatments will begin to reverse cold weather damage to hair while a good daily conditioner will help prevent additional damage. A daily conditioner shouldn't be so heavy that it leaves residue; it should lightly condition and detangle the hair. If you have very coarse or curly hair, it may require an additional leave-in detangler. They come in liquid and crème form. While you can use sprays liberally, use crème sparingly to avoid hair looking



**During the winter, hair requires extra care in order to lock in moisture.**

oily or disheveled. There are some daily conditioners that target specific problems that arise during winter months. For example, Biotera Detangling Rinse is formulated to help prevent static electricity.

Heat styling can also rapidly damage hair. If you curl or straighten your hair with an appliance, there are products to protect hair from the heat. One 'N Only Ceramic Silk products provide thermal protection from heat stress and contain UVA/UVB sunscreens, which will help preserve your hair color. They also feature a unique liquid ceramic silk complex formulated with naturally derived microsicones, silk amino acids and heat-activated conditioning agents. These products are designed for all hair types; however, if you have very fine hair, you may want to skip the shampoo and conditioner and use just the Thermal Protection Glaze.