

# Healthy Hair Tips From A Celebrity Hairstylist

(NAPSA)—Constantly stressing about your hair? Well, you're not alone. Healthy hair is a top beauty concern for many women. In fact, 89 percent of women believe that hair is the most important characteristic in making them look their best—out-ranking clothes, teeth and even makeup!

“Healthy, shiny hair can be a woman’s biggest beauty asset. Today, many women heat style and color their hair, so it’s important to incorporate a few simple steps into your hair-care routine to help keep tresses in top condition. With a little extra effort it’s easy to achieve a magnificent mane,” said Celebrity Hairstylist Myles Haddad, who tends to the tendrils of Laura Linney, Lisa Kudrow and Neve Campbell. Below are Haddad’s tips to help achieve head-turning tresses:

**Step One**—The best shortcut to healthy hair is to condition after every shampoo to keep hair moisturized and strong. Some women are afraid to use conditioner because they think it will weigh hair down, but the key is to choose the right conditioner for your desired look. To apply conditioner, spread it between your palms and gently scrunch into your hair from tip to root. Then let it absorb for one to two minutes and rinse out with cool water.

**Step Two**—For a shiny, manageable mane, women should use a leave-in conditioner with Pro-Vitamins before any styling process. Simply spritz evenly over hair from root to tip and then comb gently through hair using a wide tooth comb for even distribution. Do not rinse out and style as usual for strong, lustrous locks.

**Step Three**—To help give dull, damaged hair more moisture and shine, use a deep conditioning treatment once a week. After shampooing, apply to hair focusing on ends and other damage-prone areas. Leave on for 3-5 minutes and then rinse out. If you have a little extra time, apply the deep conditioning treatment on damp hair and wrap your hair in



a warm towel fresh from the dryer. Leave it on for 15-20 minutes before rinsing. This will help leave hair silky, shiny and soft.

**Step Four**—Ongoing hair maintenance is essential in keeping hair healthy and beautiful. Have hair regularly trimmed or cut with sharp scissors every six to eight weeks to help keep split-ends at bay and hair in top condition. Also, never brush hair when wet and always use brushes and combs with smooth, wide-set teeth to avoid breakage.

For more tips on how to achieve healthy hair, Pantene, the world’s leading hair care brand, has created *The Mane Page: A Girl’s Guide To Healthy Hair*, a free resource full of hair-care tips and information. The guide includes insight from hair experts such as Pantene Senior Scientist Cheri McMaster and Pantene Celebrity Hairstylist Myles Haddad on everything from ways to combat and prevent everyday styling damage to information that will help you make sense of the back of a shampoo bottle. Also as part of the free guide, you can learn about the Pantene 10-Day Challenge, a pledge to help women improve the health of their hair in just 10 days. To get 60 percent healthier hair (Pantene shampoo and conditioner versus shampoo alone), use a Pantene Pro-V Shampoo and Conditioner from one of six customized systems and watch your hair transform into strong, frizz-free, shiny, healthy hair.