



Hair Today

Help Your Hair To Good Health

(NAPSA)—Being well tressed may be easier than people realize. Here are three easy ways to combat hair damage and get gorgeous, healthy locks.

1. **Eat Right.** Eating a well-balanced diet is the key to unlocking beautiful hair.

For example, salmon is loaded with omega-3 fatty acids, vitamin B-12 and iron, all of which keep hair lustrous and strong and the scalp well moisturized, so hair doesn't appear dull and dry.

Dark green vegetables are packed with vitamins A and C that help the body produce sebum (hair's natural conditioner), as well as iron and calcium, which strengthen the hair.

Most nuts contain zinc, which helps prevent hair loss.

2. **Don't Overwash.** Hair's natural oils, which keep it conditioned and healthy, are depleted with too much washing. Shampoo hair every two or three days, rather than daily. Also, contrary to common belief, it isn't good to pile hair on top of the head when washing. Simply massage the scalp with your fingers when washing and then rinse to prevent unnecessary breakage.

3. **Use the Right Amount of Hair Care Product.** Some people get overzealous when it comes to hair care. Generally, a quarter-size amount will do. Shampoo can be drying, so it's best to focus on



You can have lustrous, healthy hair if you treat it right from the inside and the outside.

the scalp. When hair is rinsed out, the excess lather will flow down the strands of hair and provide just enough cleansing for the ends. Conversely, with conditioner, focus only on the ends, where damage is most common. One product to consider is Infusium 23's Repair & Renew Conditioner, which uses an exclusive formula that provides softness, manageability and shine.

Learn More

You can get more advice and information online at www.infusium.com or by calling (800) 382-7833.