



HAIR HINTS

Protecting Your Hair From Sun And Fun

(NAPSA)—Although flirty, beach-blown hair may be the ultimate ad for fun in the sun, the weather's natural elements can eventually cause hair to look thirsty and tired. For healthier hair, consider these tips:

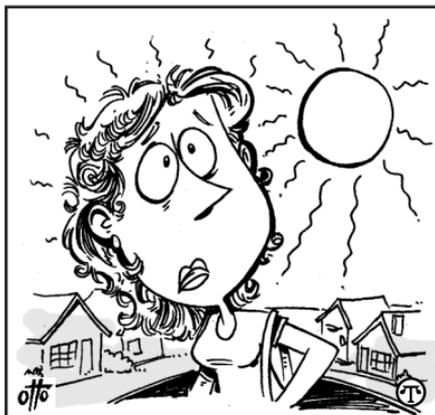
- After swimming in a pool, take extra-good care of your hair by washing and conditioning it thoroughly. Chlorine can be extremely damaging to the hair and scalp.

- Protect your hair from the elements by using products that contain natural sunscreens, such as fruit acids, wild pansy and coffee extracts.

- Avoid prolonged exposure to harsh, direct sunlight. Ultraviolet rays do the most damage, so avoid the midday hours when they're most intense.

- Clean and revive tired hair with a shampoo especially created for damaged hair, such as Garnier Fructis Fortifying Shampoo for Dry/Damaged Hair. The formula promises to leave your hair up to five times stronger and smoother for added strength and shine to hair.

The shampoo's "Active Fruit Concentrate" is described as an innovative combination of ingredients naturally present in fruit—fruit acids, vitamin B3, B6, fructose and glucose. This signature fusion of science and nature nour-



Ultraviolet rays can damage hair, so experts suggest avoiding exposure during midday hours when UV rays are most intense.

ishes hair from root to tip.

- After shampooing, apply an intense moisturizing conditioner, such as Garnier Fructis Fortifying Conditioner for Dry/Damaged Hair to hair from roots to tips. Rinse with a blast of cold water to seal your hair cuticle and ensure maximum hair smoothness.

Once a week, use a deep treatment for extra nourishment. A good product to try is Garnier Fructis Fortifying Deep Conditioner. This three-minute treatment acts as an intense conditioning masque for instant moisture replenishment.

For more information and advice on hair health, log onto www.garnierfructis.com.