



Beauty News & Notes

Seasonal Hair Trends Start With Healthy Hair

(NAPSA)—Whether you're slicking your hair up or embracing your curls, this season's trendiest looks start with healthy hair.

Itchy, flaky scalps are not confined to the colder months, and not caring for your scalp can cause hair to look less than lustrous. Dandruff in summer makes this a yearlong problem.

Symptoms of itch and irritation can lead to increased scratching and touching of the scalp, which can damage delicate scalp skin and the hair cuticle, leaving hair dull and lifeless.

For healthier hair, celebrity stylist Jason Hayes suggests the following tips:

- Set the blow-dryer to cool to help prevent heat damage.
- Give hair a break from styling tools and wear it in a ponytail with a middle part (very fashionable this season).
- Purify your beauty routine by using a gentle, deep-cleansing shampoo with natural ingredients such as Head & Shoulders Restoring Shine. It contains six times more moisturizers than a nonconditioning shampoo, which help restore the scalp's natural moisture barrier, reducing moisture loss and relieving symptoms such as dryness, tightness and irritation.

Once your hair is restored to its naturally healthy state, you can have fun with the newest trends.



To create this season's most glamorous looks, start with hair that's so naturally healthy, it shines.

Here's what's hot for the warmer months:

- Dress up any look with the '40s-style, elegant curls and hairpins that are taking over Hollywood and fashion runways.
- Embrace your curls and fight the humidity. Wash with moisturizing shampoo and conditioner and comb a light, volumizing mousse through hair before letting it air-dry.
- If you wear your hair straight, part hair in the middle or add drama with a deep, diagonal side part.

Whatever summer style you choose, starting with healthy hair makes it easier to shine!