

Helpful Hints

Secrets To Beautiful And Healthy Hair

(NAPSA)—Having beautiful and healthy hair is so important to women's self-image that they invest considerable time in hair care. According to research by Leiflin Associates, 40 percent of the women surveyed said their hair IS their style.

Here are a few tips experts recommend to help you achieve stylish, healthy locks:

- **Start with a trim.** Even if you choose not to change your style with a drastic cut, visit a professional to take care of split ends. Frayed ends can weigh down any look and prevent sustainable hair growth. Remember, a deep conditioning oil can treat split ends and help minimize salon visits.

- **Beauty Sleep Can Lead To Beautiful Hair.** You may be able to get more gorgeous looking locks simply by switching pillowcases. Cotton pillowcases can absorb natural oils, drying hair out.

To maintain luscious locks, sleep with a satin or silk pillowcase. A silk scarf can be another, more budget-friendly option. After hair is washed at night, apply Soft & Beautiful StyleProtect Nighttime Dry Wrap Mousse to damp hair.

The mousse helps curly and coarse hair dry in half the time while providing five times the protection against split ends. Either wrap the hair in the silk scarf before going to bed or sleep on the silk pillowcase to wake up with sleek, smooth-looking hair.

- **Heated styling tools can have drying and damaging effects.** Curling and flat irons may seem a necessity, but they



One way to prevent split ends is to hydrate hair by using a moisturizing oil at least once a month.

can be harmful to your hair. Before grabbing your favorite heat styler, use a protecting aid such as Soft & Beautiful Botanicals Extra Lite Crème Moisturizer. It helps protect hair and control frizz.

The moisturizer, specially designed for drier hair, also helps you finish a style. When gathering hair into a ponytail or updo, lightly apply to hair at the nape of your neck and hairline, smoothing with a small bristle brush to control flyaways.

- **Hydrate Locks.** A conditioning spray with ingredients such as jojoba and almond oil helps nourish and moisturize hair.

To avoid flyaways and add protection, use a hot oil treatment once a month. For a quick fix try a featherweight spray.

Learn More

For more information, visit www.softandbeautifulhair.com.