



Hair Today

To Tame And Care For Dry Winter Hair

(NAPSA)—If the winter chill has put the freeze on your skin, leaving it dry and cracked, imagine what's going on with your hair. Dry indoor heat and lower humidity levels outdoors can leave your hair susceptible to breakage and craving moisture to grow. To keep your hair shiny and manageable, the hair care experts at Garnier offer these tips:

Wash Hair Properly

- When washing hair, lather very well with lots of water and a tablespoon amount of shampoo. Massage deeply into hair, focusing mostly on the scalp, where most dirt and oil lies. Don't spend too much time on the ends of your hair. When you rinse, the water will naturally pull the shampoo, dirt and oil out of your hair like a magnet, cleaning the ends of your hair thoroughly.

Hair Towel—A Must

- After shampooing, use an absorbent hair towel to dry excess water from your hair. The more moisture you remove from your hair, the more efficiently your conditioner will work.

Condition Hair for Up to Three Minutes

- Once dry, add a teaspoon or tablespoon amount of conditioner to your hair, depending on length, and massage deeply into the scalp. Bring through to the ends with your fingers. Spend time on the ends of the hair for extra detangling and protection. After three minutes, rinse well with tepid to cool water. The cooler water will help the cuticle close and lock, giving maximum, long-lasting, smoothing benefits.

Style with Products that Contain Natural Ingredients

- After conditioning, dry hair



Dry hair needs to be conditioned for at least three minutes in the cold winter months.

with a hair towel again. Flip your head and then apply a styling product that won't leave your hair dry and brittle. Look for fruit micro-waxes made from the kernels of mango and apricot seeds, which have moisturizing properties to keep hair hydrated.

The experts recommend Garnier Fructis Fortifying Shampoo & Conditioner for Dry/Damaged Hair for the special needs of winter hair. Combined with any of the 13 Garnier Fructis Style products, which contain fruit micro-waxes to moisturize, add strength and enhance shine without weighing hair down, even the driest, most rebellious hair can be tamed despite harsh winter weather.

To learn more about hair care and style, visit www.garnierfructis.com.