

HAIR HINTS

Tips On Being Well-Tressed This Summer

(NAPSA)—Need a lift out of your winter doldrums? Start thinking about summer hair!

The experts at Hair Cuttery offer this “top ten” list of ways you can keep your hair healthy and looking good this summer, no matter what the length or style:

1. Wash less, rinse more. Don't wash your hair every day if it's not dirty.

2. Condition, condition, condition! Use conditioner as styling cream and even put it on your hair while you're at the beach. Be sure to coat the ends, because that is the most delicate part of your hair. Also try using an intense deep moisturizer every now and then.

3. Use styling products with a sunscreen, especially if you color your hair. Stay away from products with a lot of alcohol.

4. If your hair lightens too much in the sun, try using a semi-permanent color to take it back to your favorite shade. If you want your hair to look sun-kissed, highlight a few pieces. Many salons, including Hair Cuttery, offer quick highlight services.

5. To protect your hair from damaging chlorine, wet it with fresh water from the pool shower before you take a dip. Hair is porous and absorbs liquid. If it's saturated with healthy water, it won't absorb as much chlorinated water.

6. If you can't rinse your hair before swimming in salted or chlorinated water, shampoo after-



Hair needs special care during the summer to protect against sun and water damage.

wards as soon as possible.

7. Start a trend at your local pool or beach. Find a hip swim cap and wear it! Or wear a hat. We like them crushable and rollable, so it's easy to have one on hand.

8. If your hair is relaxed or permed, make sure you use a deep conditioner at least once a week.

9. Switch shampoos—your hair is usually oilier in the summer.

10. If you sweat a lot, shampoo more frequently. Sweat can constrict hair that has natural texture and make it appear to need a relaxer when it really does not.

To learn more, visit the Web site at www.haircuttery.com.