

# What's Your Hair IQ?

(NAPSA)—How do you care for your hair? What hair products are right for you? If you don't know, you're not alone. A recent hair care survey by Impulse Research found many women make hair mistakes. Here are tips to help you get the most from your hair:

## Long Hair Care

Fifty-three percent of women surveyed have longer than shoulder-length hair and 55 percent have had the same style for more than 12 months. To keep your hair looking great and feeling healthy, or if you're looking for a new style, remember these tips:

- Regis Salons stylists recommend a quarter-inch trim every five weeks to prevent damage caused by split ends.

- Cutting layers into long hair gives it shape and manageability. Adding fringe creates softness and definition while providing more styling options.

- Highlights and lowlights create texture and dimension without cutting layers.

## That's Hot

Even though 75 percent of women use heat styling tools such as curling irons and blow-dryers, only 16 percent use thermal protection products regularly. Thermal protection products, such as Regis designLINE Get It Pressed Flat Iron Spray, prevent hair from heat damage.

Sixty-five percent said that they use a blow-dryer daily. Here are a few things to look for in a blow-dryer:

- Ionic blow-dryers reduce drying time to eliminate frizz and add body.

- A cooler setting or "cold shot" on blow-dryers is used to set a style once hair is dry.

- Stylists from MasterCuts, a family-oriented salon, recom-



**Only 16 percent of American women surveyed use a thermal protection spray every time they use a curling or flat iron.**

mend adding a diffuser to enhance curls and create volume and texture.

## Pick a Product

The right product can add volume, hold, shine or curls. A stylist at a product-focused salon such as Trade Secret can help you identify your hair type and find the products it needs. Here are some guidelines:

- The heavier and coarser your hair, the heavier your product needs to be. Gel is great for supporting heavy hair and pomade and wax separate and define your style.

- If you have fine- or medium-textured hair, choose a lightweight product. Mousse provides definition and support and is a lighter styling solution than gel or pomade.

- Hairspray comes in a variety of strengths, from flexible to firm holds, and works with any hairstyle.

- Shine and smoothing serums add sheen to hair while controlling frizz. They come in a variety of weights so there's a formula for all hair types.

For more information, visit [www.RegisSalons.com](http://www.RegisSalons.com).