



Stop the Abuse

Hair goes through a lot in its lifetime. We use it, abuse it, pull, tease, brush, blow-dry, curl, comb, straighten, color it, perm it, hairspray, mousse and gel it, expose it to sun, pollution, chemical laden water.....you get the picture. If you don't take care of it, your hair will not behave well. Think of it as a relationship--the more you care and nurture it, the more manageable it will be.

We are not going to suddenly stop coloring, blow-drying or using hair products.† We can minimize the amount of damage we do. Obvious things will do unnecessary damage, like over-processing hair with way too many colors or perms, or over-blowdrying your hair until it's only straw on your head. If you're wondering why your hair is damaged and unmanageable, take a look at your hair regime. Your hairdresser can help you answer some questions.....We must remember that, like the rest of our body, our hair and scalp need moisture to be supple, strong, and manageable. Dry it out and it behaves like straw.

There are other ways that we abuse our hair besides what we do on the outside. Whatever we intake, or neglect to intake, affects our outer appearance.†† A healthy, balanced diet promotes healthy hair and scalp. All of this internal health stuff is important because no matter how well we take care of our hair on the outside, your hair will not appear healthy if you don't take care of the inside. More importantly, by being healthy you will feel better, look younger, have more energy, and live longer. All this for good hair. Go figure.