

10 Summer Hair Care Tips

If you, like so many others, have invested time and money to fashion hair that is beautiful & healthy, you probably know that sun and humidity can damage your hair's cuticle and result in dry, drab, split, brittle or frizzy hair and ends, also sunlight can be just as damaging as a hot blow dryer. Naturally curly hair is often a major victim to summer frizzes. Then,

1. Prevent static electricity when you shampoo by applying a rinse out hair conditioner that instantly adds moisture and shine. If your hair is fine or thin, you may wish to skip the rinse out conditioning step and apply a "leave-in" conditioner or sun therapy instead.
2. Add moisture by using Hair care products that advertise "replenishment"
3. Take a break from hot hair tools (blow dryers, hot irons, electric curlers) let your hair air dry. If you can't, use a heat protectant with your hot tools.
4. For sun exposed or sun damaged tresses perform regular deep hair conditioning treatments in a salon and keep it up at home.
6. Wear a hat; if not available apply a little bit of sunscreen or jojoba oil to the ends, also great for dry scalp conditions.
7. If a swimmer, rinse your hair always and use a chelating shampoo to remove chlorine & buildup.
8. When hottest, contain frizzes by wearing your hair up in a knot, bun or braids
9. Be careful using shine products to control frizzes. They often contain silicone and can coat your hair after just a few times. This will only make the problems worse in the long run.
10. Great time to remove split ends and have a summer hair cut-style!

Protect your hair! Call 408-378-5600 for all the services you need.

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