

“WHAT SHOULD I BE DOING TO MY HAIR TO MAKE IT LOOK HEALTHIER?”

- SUZY, VENTURA

the experts weigh in



**SHIRLEY
BRUCE**

Owner
Blondie's

To maintain beautiful, healthy looking hair, first, go to a salon and have a beauty analysis done for your hair. The stylist will recommend some professional salon products for your personal hair care needs. Have your hair cut every 6-8 weeks. This will maintain your current style. During your salon visit, have a Hair Renewal Treatment. The benefits include a rejuvenated scalp with essential oils and scalp massage. This promotes hair growth and with use of a protein and moisture treatment will add the strength and proper PH for the cuticle layer to add shine and body. We recommend for at home use, Aveda® shampoo & conditioner for daily use. Once a week, a deep conditioner with heat for 15-30 minutes. For styling, use a thermal heat protector applied on the hair before using a blow-dryer or flat-iron. If your hair has been colored, always use color treated products for the hair. Always use a clarifying shampoo before coloring for longer lasting color. For great looking hair, always have your hair professionally colored in a salon.



**MELODI
CALDERWOOD**

Owner
Pacific Breeze

As any professional will tell you, healthy hair starts with good general health. A healthy balanced diet and some nutritional support are imperative. That being said, how you take care of your hair is equally important. Having your hair professionally colored regularly with state of the art products will give your hair high gloss and sheen. A great cut, with healthy ends really shows off the health of your hair. Using high quality hair care products at home is a must to preserve the color your colorist has just given you. There are a few professional lines that have UVA protection, are sulfate free, and have silk proteins, which really help preserve healthy hair. Also using a thermal protectant before using your flat iron will keep you from burning your hair. Great products really make the hair shine, and we all know when our hair looks good, we feel good!



**GILA
AFRAMIAN**

Owner
Paris Cut

Our hair is a living organism, part of our body, just the same as others and it needs the same attention and care. Different types of hair have different needs, in general, healthy hair needs the following on a consistent and regular basis: 1) TRIM: when the hair is not healthy or not nourished properly, it gets damaged or split ends which are when the ends of your hair dry and ultimately break off. When brushing, you might see the broken ends or you might feel that your hair is not growing, this is one of the leading causes. To solve this problem, a regular trim every 4-6 weeks is needed. 2) SHAMPOO: healthy hair depends on a healthy scalp and a good cleaning agent for better hygiene to keep it clean. It is very important to keep the shampoo sulfate-free. 3) CONDITIONER: for any living organism, nourishment is an absolute must. Daily conditioning of your hair with an appropriate type of conditioner is very important for the overall health of your hair. Deep conditioning and protein serum are also important and necessary for hair, especially hair with color and highlights since the chemical processing weakens the hair. Conditioning in general is the way we feed our hair the nutrients and vitamins it needs to survive, stay healthy and look beautiful. These suggestions are not for your hair to LOOK HEALTHY but BE HEALTHY.