

# Senior Style

## June 2010

### ELEMENTS THAT DAMAGE HAIR – How to care for it!!

As a hair artist I battle with guests having problems with damaged hair due to the elements. Our desire is to make our pallet appear healthy, shiny, and resilient. Living in a tropical climate, this becomes difficult due to the water, sun exposure and outdoor living. Here are some tips to protect your hair during the summer months.

First you need to analyze the damage.

If you are experiencing sun damage, cover your hair with a hat or wrap when you are going to be exposed to the sun. You can also choose from many professional hair care products that contain UV protection (sun screen). You will be amazed at the result.

If you are experiencing chlorine damage due to swimming, this becomes very hard on the hair. Your hair is porous and absorbs liquid like a

sponge. If your hair is chemically treated, it absorbs even more due to condition of the cuticle. I recommend that you wet your hair with tap water prior to diving in, this will allow the hair to be filled and will block the chlorinated water. Also, you can dissolve 3-4 aspirin in a cup of warm water and comb this solution through your hair to close the cuticle and avoid chlorine absorption. Chlorine tends to either leave the hair slippery and slimy (yuk) or hard and crunchy. All requiring a hair spa treatment to remove the chemical with heat and to recondition the hair back to its original condition. Be especially careful if you have blond hair and the pH is off on your pool, as it may discolor it with a greenish tint.

If you have bad tap water, have a water purifier installed. Or you can simply shampoo your hair with bottled water. If you have hard minerals in your water, your hair will feel hard after shampooing. To remove hard minerals, you will need to consult with a salon professional and have a few mineral clarifying treatments with

heat. You may treat the hair at home by using a clarifying shampoo, covering it with a plastic bag and adding blow dryer heat for 5-10 minutes. Follow this with a mineral remover treatment with heat for additional 5-10 minutes. This is a temporary fix unless you can repair the water situation.

If you cannot repair your tap water, color treating the hair is not recommended due to the open state of the hair cuticle. Bad water will discolor the hair, especially blond tones. If you enjoy color treating your hair and cannot repair your tap water, simply shampoo your hair with bottled water.

A lot of you are terrorizing your hair with styling tools! Please DO NOT use a plastic brush with beads on the bristles. These "cheap" brushes are rough around the edges, the beads fall off and this causes breakage. Use a boar bristle brush or a ceramic one that is smooth. Also, invest in a heat protecting spray to use prior to hot tools. If you use a flat iron, run it through your hair quickly. Excessive heat will burn

the hair. Use elastics without metal and DO NOT put your sunglasses on your head, as the hinge breaks the hair. Try to avoid the plastic hair clips. Instead, use simple bobby pins and smooth hair accessories. The new trend is hair jewelry with cloth and bling details.

Be aware of your daily routine and the tools that you are using. Broken hairs take a long time to grow out and create frizz in humid weather.

I hope these tips will put you on the right path to healthy, shiny hair!!  
Your Friend,



*Yai Yai*

