



Hair Repair for Fall Hair

By Denise Zingale

Have the days of swimming in chlorine and driving around in your convertible or sunroof open now revealing hair that could contribute to an autumn hayride? What should you do before you start looking for a new style for the coming season? Get your hair back to a healthy shine!

First, if you have been swimming this summer, a chlorine removing treatment is necessary. This professional treatment, done in a salon, can make a noticeable difference after just one treatment. Next, make sure you are equipped with professional, salon quality shampoo and conditioner. The right products will help repair, seal and smooth your hair, allowing it to reflect light. Deep conditioning is recommended once a week for very damaged hair.

Now ladies, most of you wash your hair in the shower under a pressure showerhead and pretty hot water...right? That needs to change for a while until you get your hair back in condition for that new Fall style. Start washing your hair over the sink or tub with warm to cool water. Hair washed in hotter water absorbs water more readily. This excess

moisture swells the hair shaft and over time causes the formation of tiny chinks in the surrounding cuticle, which hinders light reflection and shine.

Be gentle when you towel dry your hair—aggressive rubbing roughs up the cuticle that can lead to breakage. Always squeeze and blot the excess moisture or wrap your hair in a towel until most of the moisture has been absorbed. Professional styling products help protect the hair from thermal styling. "Cocktailing" or "mixing and matching" your products together help achieve added protection, texture and shine. When blow drying, direct hot air down the hair shaft to encourage it to lay flatter resulting in smoother cuticles and shiny hair.

Now that your hair in shape, it's time for the new Fall look. If you have long hair, it will not need drastic restyling to be updated. Hot rollers, curling irons and even your flat irons (wrap hair around the flat iron) create feminine, loose, irregular curls. Short hair this season is the perfect low-maintenance style. Invest in a good styling product to achieve "current" results. Mid-length hair is seeing a revival that is sexy, glamorous and wearable. The beauty of mid-length lies

PERSONAL • PRIVATE • PROFESSIONAL

D' MAZ

LIFESTYLE SALON INC

DENISE ZINGALE

OWNER - HAIRDRESSER - EDUCATOR

27970 Chagrin Blvd Suite 204
Woodmere OH 44122

dmazsalon@sbcglobal.net - 216 292 HAIR

... Hair Article Cont. from above

in its versatility—it can be worn scrunched and casual or dressed and elegant. The addition of layers can be used to thin out or add body to the hair.

The trend towards versatility continues into 2006. Outlines of styles will vary, with mid-length layers showing up for movement and change. The shape of the cut is more important than the length

this season. Color will give depth and shine. Brunettes are showing various shades of chocolate and blondes will have more tone. Let's not forget texture—those waves and curls will see us through into 2006.