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Your hard work is starting to show some great results today and you may be inspired to redouble your efforts! You may just as easily be inspired to take a well-deserved rest and either is equally satisfying.

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POSTED: OCTOBER 14, 2008

Tender Loving Care For Your Hair

Andrea Arterbery



A little extra lovin' goes a long way-especially when it comes to your tresses! Whether you're looking to maintain your gorgeous locks or trying to improve your overall hair health, check out these great tips and products below.



1. Detox

Keeping a clean scalp is key to growing and maintaining healthy strands. Get rid of product buildup weekly by washing with a clarifying shampoo that won't dry out your hair. (Try Ouidad Clear & Gentle Shampoo, \$13 for 8 ounces, [ouidad.com](#)) Also, avoid applying styling products directly to the scalp as this can block pores and also prevent hair growth. To prevent dry scalp, try using a shampoo and conditioner weekly. My scalp tends to get a little on the dry side myself and I was very surprised to find that Head & Shoulders Smooth & Silky Shampoo and Conditioner (\$4.99, drugstores nationwide) not only calms my itching for days, but also leaves my hair feeling soft and supple.

2. Moisturize

Treat your strands to weekly deep conditioning treatments. If you're too busy to make it to the hairdresser, do it in the shower. As soon as you get in, wet hair and apply a deep conditioning masque. Go through hair with a wide tooth comb and immediately apply a shower cap. Leave on and when you're ready to get out, remove the shower cap, rinse and voilà! You'll have soft, manageable and healthy-looking locks. (Try PhytoSpecific Intense Nutrition Mask, \$26, [phyto-usa.com](#).)



3. Tool Time

Don't fry your hair. Invest in some top-notch tools that will evenly disperse heat through your strands and cut your styling time in half. A great new tool to hit the beauty market is the InStyler (\$119, [getinstyler.com](#)). It has three heat levels, precision-aligned bristles, and features a rotating heated cylinder that can straighten, curl, flip and even create volume. Most importantly, it won't damage hair and leaves it shiny and smooth.

4. Overnight Success

Before your head hits the pillow, always try to wrap it. And, if you're like me and too exhausted at the end of the day to do so, cover the hair with a silk scarf or sleep on a silk pillow case. To combat dry, frizzy ends, apply Frizz-Ease Crème Serum Overnight Repair Formula (\$9.99, drugstores nationwide).



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