

## Hair Care Basics



As professional hair stylists here at Hair Touch (the Sherman Oaks hair salon), we're often asked how to properly care for hair. Taking care of hair may not be a rocket science, but let's face it: it's the healthy hair that's beautiful.

Here are a few basic hair care tips:

1/ **Nourish your hair from the inside!** (If you are a dog owner, you know that well-nourished dogs have shiny coats!) Hair itself is made of protein and it depends on protein and several other nutrients for its wellness.

- Zinc promotes growth and repair (meat, poultry and beans)
- Omega-3 fatty acids contribute to hair's health (fatty fish is best)
- Vitamin C makes hair strong (plentiful in citrus fruit and peppers)
- Iron ensures proper blood flow to hair follicles (spinach is a great source of iron)

2/ **Don't do unnecessary damage by over-shampooing!** Shampooing your hair daily strips natural essential oils from hair. Normal and dry hair look its best when washed every other day. (If your hair is greasy you can use a dry shampoo between washes.)

Choose a shampoo that doesn't lather up; these shampoos don't contain sulfates and are generally less harmful to your hair.

Generally speaking, moisturizing shampoos are the best choice for normal hair. If your hair is color-treated, use a shampoo fortified with amino acids. For dry hair, a shampoo with glycerin and collagen will help restore healthy moisture levels.

3/ **Don't delay regular hair trims!** If you want to grow out your hair fast and worry that a trim will interfere with hair growth: the opposite is true. A regular hair trim stimulates hair growth and even more importantly, prevent split ends.

Consult your Hair Touch' (the Sherman Oaks hair salon) hair stylist for hair care product recommendations as well as hair care tips for your specific hair type: after all, **it's YOUR hair....**