

11 Tips for Healthy Hair

“Haircare tips for getting the hair you want, today!”

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1. Heat 101

Avoid using the hottest setting on your hair dryer, as it can be damaging to your strands, especially if you are pairing it with another hot tool, like a flat iron. Always try to opt for the warm setting on your dryer and hold the dryer 6 to 8 inches from your hair. Be sure to point the airflow down on the hair shaft to prevent frizz.

2. Long Hair

Taking care of longer tresses requires trims at every six to eight week mark and conditioning the ends every other day to prevent dry out. On days when you are not washing your hair, try a natural additive free hair oil or a light leave in conditioner on the ends only.



3. Straight Hair

If you straighten your hair, start with an anti-frizz serum to create a moisture barrier and add a heat protectant to prevent your strands from being damaged while styling.

4. Naturally Curly

Revive your curls with a toxin, sulfate and silicone free moisturizing shampoo. Follow with a deep hydrating masque. After rinsing thoroughly, apply a leave in conditioner mixed with a few drops of pure, additive free hair oil such as Rejuveniqe. Scrunch and let air dry.

5. Avoid Breakage

Your hair is its most fragile when wet, so avoid excessive brushing or combing until it's almost dry.

6. Fight Frizz

After conditioning, rinse your hair with cool water. This helps to seal the cuticle, making it harder for moisture, which can cause frizz, to enter the hair follicle. Finish with an additive free pure hair oil such as Rejuveniqe.

7. Break Bad Habits

Stress, smoking and bad eating habits make your hair dull and prone to breakage

8. Soft Bristles

Use a soft-bristle brush that is flexible to cause less damage to your hair.

9. Say No to Toxins, Silicones and Harmful Chemicals

Most salon and drugstore brands contain an array of harmful chemicals and toxins, which over time will cause a scalp that is too dry or too oily, hair that is dry and brittle, frizzy, unmanageable, in some cases even premature hair loss. Choose products that are free of parabens, silicones, animal-based keratin, PEG, sulfates, DEA/MEA, phenoxyethanol, ethanol, petrochemicals, glutens, sodium chloride, harsh salt systems, harmful colors and fragrances, to keep your hair looking it's best. DO choose products that contain oils that mimic the body's own natural oils to reduce hair thinning, prevent oxidative stress, and add volume and shine when needed, or define curls and add manageability.

10. Want Volume?

Spritz a root lifter spray at your roots when your hair is dry, then flip your hair over and blow-dry. Finally, gently smooth out any stray strands with a brush.

11. Next Step

Get yourself some healthy, toxin-free salon quality haircare! With a 30-day money back guarantee, you'll be able to really put these to the test! In some cases (hair loss) it may take up to 90 days to start seeing results.

What to choose for your hair type:

HYDRATION System: if you have dry, frizzy, oily, curly, wavy, ethnic, damaged hair.

VOLUME System: if you have flat, limp, lifeless, dull, thin, fine hair

CLASSIC CONFIDENCE or LET IT GROW System: if you have hair loss, thinning, suitable for both men and women

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Rejuveniqe oil: dry scalp, hair and skin.