



# Hair Care Advisory

## Bright Ways To Deter Sun Damage

(NAPSA)—On the one hand, exposure to the sun's rays induces the production of vitamin D in the skin, promoting calcium absorption and even protecting against the development of cancer. On your hair, however, sunlight can have a dulling effect.

Here are hints to help you take advantage of the sun's healthful properties while saving your hair and skin:

- **Skin Protection:** Overexposure to UV radiation can cause sunburn and some forms of skin cancer; however, it can also cause direct DNA damage and affect the immune system. Researchers at the University of North Carolina at Chapel Hill found that melanoma cases on the scalp or neck are twice as deadly as melanoma elsewhere on the body. To help protect against scalp burning and peeling, use a scalp product with SPF such as Nioxin Scalp Shield Sunblock with SPF 20. This product is carefully formulated to protect sensitive scalp skin, blocking UVA and UVB rays, and it doesn't clog pores or leave a sticky residue.

- **Hair Protection:** Exposure to summer elements can take a toll on your hair, which can lead to color fade, dryness and cuticle separation. Use a clarifying shampoo regularly to eliminate buildup of oil, chlorine and salt water. Additionally, try using a daily



**You don't have to let the sun take the shine out of your hair if you heed a few hints.**

leave-in conditioner before heading to the beach or pool. Hair is porous like a sponge and will soak up less water if saturated with conditioner.

- **Hair Color Protection:** UV rays can destroy melanin and color molecules in the hair, causing it to dry out and fade...a frustrating experience for those concerned about making color services last. To help protect against damage and safeguard your investment, use styling products that contain UV filters for added protection and moisture. Shine-enhancing sprays can also add sheen by creating a glossy surface that reflects light.

For more hair care tips and tricks, visit your hair care professional for advice that is suited to your lifestyle.