



# Hair Care Advisory

## Respect Your Scalp, Love Your Hair

(NAPSA)—Combing through all the methods recommended to keep your hair beautiful, one truism stands out: The foundation for beautiful hair is a healthy scalp. As the summer sun and heat come to an end, it is time to start thinking about repairing summer scalp and hair for fall and winter. Hair experts point out that scalp sensitivities associated with dandruff can cause redness, itchiness, dryness and flakes. These are the symptoms that can decrease the luster and health of your hair.

While transitioning your lifestyle for the end-of-year seasons, remember to keep in mind your scalp and hair care routine. Dr. Marta Rendon, Head & Shoulders Global Celebrity Dermatologist, has five easy tips to care for your hair.

- Avoid spraying styling products containing alcohol directly on your scalp, as they may dry out the skin of your scalp.

- When choosing a shampoo and conditioner, look for one with a rich zinc compound formula. Head and Shoulders Smooth & Silky shampoo and conditioner contains a unique zinc formula that restores the scalp's ideal moisture level, allowing you to achieve a healthy scalp and beautiful hair.

- When in the shower, it is best to use lukewarm water;



**LOOK DULL?** If your hair is looking dull as the summer comes to an end, it may be due to an unhealthy scalp.

washing with hot water can promote a dry scalp.

- A good scalp massage promotes blood flow to the area, soothes nerves and relaxes the muscles, keeping the skin flexible to promote hair growth and luster.

- Use a brush whose bristles are made from hair. The flexible bristles are soft and therefore gentle on your scalp.

Hairstyles may be a seasonal trend, but every look needs a solid foundation. Head & Shoulders' system of shampoo and conditioner is essential to achieving a healthy scalp and beautiful hair.