

HAIR HINTS

Simple Bad Hair Day Fixes

(NAPSA)—In a recent survey, 71 percent of women reported having at least one bad hair day a week. To prevent hair from looking frightful, follow these tips for healthy hair:

- **Listen To Your Hair**—Don't buy products that aren't meant for your hair type; stick to those that enhance what you have.



Don't just get a trendy haircut. Make sure it suits your face. Consult with your stylist.

- **Read The Label**—Choose healthy products, such as natural and organic hair care.

- **Have Thin Hair?**—Stick to light conditioners that won't weigh it down.

- **Product Overload**—Too many styling products in your hair can cause buildup and damage, say the experts at *Kiss My Face*. Use a shampoo that helps remove excess buildup.

The organic hair care line has shampoos, as well as a mousse and gel for styling, that cater to three different types of hair. To learn more, see www.kissmyface.com.