

Understanding Yourself

Are You Sensitive?

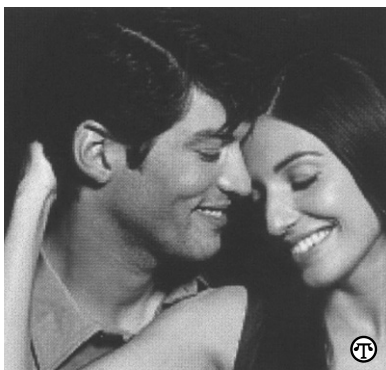
(NAPSA)—Your social life might be better than ever, if you have a handle on your sensitivity. That's the thinking of celebrity hair stylist Jason Hayes, who is the official hair stylist to the Fab Five of "Queer Eye for the Straight Guy" and David Wygant, author of "Always Talk to Strangers." These experts offer a few facts and tips for "sensitive daters."

"Stress, the preoccupation of the '90s, has been replaced by the 21st century's newest lifestyle phenomenon, *sensitivity*," says David Wygant. Partners should be sensitive to needs; projects are time sensitive; important data is sensitive information. Being sensitive can be an asset, especially in the context of dating, he adds.

When working as a dating consultant, David Wygant often sees sensitivities spark insecurities. For this, he conducts "confidence makeovers," starting on the inside, banishing passivity, changing a negative outlook and building a positive self-image. An outer transformation identifies physical hindrances to dating success. The head-to-toe makeover covers procedures like whitening teeth and simple habits like carrying lip balm and tissues.

Exercise and attire make the list, but among the most important matters are hair and scalp. Even the most common imperfections, such as outdated style, dull texture or visible signs of scalp sensitivity, may hinder confidence. For each of these issues, David Wygant recommends asking the advice of a trusted stylist.

Jason Hayes counsels his red-carpet clients on getting stunning, healthy hair and scalp. When they complain of redness, itchiness or flakes, he generally diagnoses the culprit right away: sensitive scalp



Hair has more body and shine when it starts with a healthy scalp.

and possibly dandruff. For his clients and the 40 million other Americans who experience scalp sensitivity and dandruff, Jason Hayes recommends:

- Safeguard hair and scalp from pollution by using a gentle cleanser to remove particles that can irritate.

- Use a gentle cleanser formulated with moisturizers. Head & Shoulders Sensitive Care is a professional-quality shampoo that moisturizes to soothe dry, sensitive scalp, effectively prevents symptoms of dandruff and leaves hair shiny and soft.

- Wear a cap or hat—particularly if you have fair skin or light-colored hair—to protect hair and scalp from the sun. A burnt scalp can lead to discomfort, as well as damage to hair and hair color.

- Take a break from excess heat sources such as blow-drying, flat-ironing and curling. Women can try wearing hair in a ponytail or with a glamorous clip; men can brush it back loosely with a small amount of gel while wet.

These simple tips about caring for sensitive scalp and hair can be a quick, effective confidence makeover for anyone.