



Hair Care Advisory

Flake-Free Hair Is Now Easier To Maintain

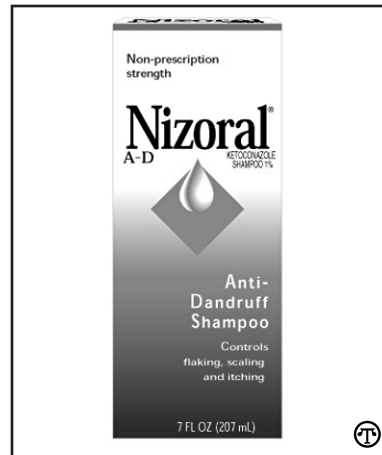
(NAPSA)—Giving dandruff the brush-off may be easier with a few tips from a famous hair stylist.

According to celebrity stylist Ken Paves, keeping your scalp free of dandruff is an important part of achieving any great hairstyle.

Whether triggered by weather changes (such as a colder, dryer winter climate), heredity, diet, hormones or stress, dandruff can be easy to control with a shampoo designed to treat the medical cause of the problem—a fungus known as *P. ovale*. The active ingredient in Nizoral A-D Shampoo is ketoconazole, an anti-fungal agent.

Once the problem is under control, says Paves, you can maintain the health of flake-free hair with the following steps:

- Avoid excessive shampooing. Once a day is enough. To control dandruff, shampoo with Nizoral A-D Shampoo twice a week.
- Gently massage scalp in circular motion with fingertips when you shampoo to remove dead skin and improve circulation to the scalp.
- Rinse hair thoroughly with tepid water to make sure shampoo is completely washed out of hair before conditioning.
- A thorough rinse with cool water after conditioning with Nizoral A-D Non-Medicated Daily Conditioner can give hair extra shine.
- Blow-drying does less damage to hair that is moisturized.



New dandruff shampoos are designed to treat the cause of dandruff and give hair a shiny, manageable finish.

Use conditioner whenever you blow dry.

- Avoid prolonged exposure to direct sunlight, particularly at midday—ultraviolet rays can damage hair just like skin.
- Try to maintain a balanced diet and drink plenty of water. Regular exercise is also a good idea to help reduce stress and anxiety, which can trigger dandruff flakes.

“I recommend Nizoral A-D because it’s tough on dandruff but gentle on the scalp, so gentle, I even recommend it for color treated hair,” said Paves, who works for such celebrities as Jennifer Lopez, Portia di Rossi, Sela Ward and Lara Flynn Boyle.”