

## Hair Care

A good friend of mine is always giving me grief over the way I treat my hair. She freely shares her advice with me that includes “you shouldn’t wash your hair everyday”, “blowing drying and then using a straightener is ruining your hair”, “pulling it back all the time is causing your hair to break off”. I decided to do some research to find out how accurate my friend’s advice is.

Here are a few facts about your hair that you may not have known. We have about 100,000 hairs on our heads and each shaft includes three layers. Shiny hair is a sign of health because the layers of the cuticle lie flat and reflect light. When hair is damaged, though, the scales may separate and hair can become dry. Because the scales on dry hair don’t protect the inner two layers as well, hair can break and look dull.

If you’re washing your hair every day or more, it may be better to choose a mild shampoo instead of a shampoo designed for oily hair. If your hair is dry, it’s a good idea to wash it less frequently. Some people only need to wash their hair once a week — and that’s fine.

People with dry, curly hair have different hair care needs than people with straight, fine hair. But all hair needs to be treated gently, especially when it’s wet. Wet hair can stretch, making it more vulnerable to breakage or cuticle damage. That’s why using a hot blow-dryer (or other heat styling products) on very wet hair can damage it.

May I suggest 3 Young Living secrets to great hair:

1. Use the right product for the right hair type. The Lavender Shampoo adds volume and fullness to hair. The Copaiba Vanilla Shampoo is a plant-based, safe and environmentally responsible shampoo that is a rich hydrating cleanse for dry or damaged hair.
2. Use the right scalp washes and rinses. Use the Hair and Scalp Wash to open up the hair follicle and remove buildup, grease, and chemicals. Continue with the Nourishing Rinse which allows nutrients to penetrate into the hair.
3. Keep hair free of petrochemical residues. If you can, it is best to try to avoid synthetic hair treatments and styling aids because they do so much damage hair over time.

As with the rest of our bodies, hair is healthiest when we:

- eat right,
- exercise,
- protect it from too much sun and
- use Young Living Nutritional and Personal Care products.

For more information on hair, skin and nutritional products and ways to keep your hair healthy, please contact Marilyn at [healthymoneyvine@gmail.com](mailto:healthymoneyvine@gmail.com) or go to <http://www.youngliving.org/marilynvine>

Source - Troie Battles – 1 September 2011