

STYLE STATUS

BE GOOD TO YOUR HAIR!

By Carol Fiorilli, Owner/Manager Fiorilli Hair Design

Regular shampooing, blow-drying, styling and coloring will help you look and feel great; but did you ever think about the toll it takes on your hair? In the salon business, we call it “distressed hair” – hair that has been physically weakened due to chemical or mechanical distress.

Chemical distress results from repeated chemical services such as haircolor, lightening, perming or straightening. Hair that is chemically distressed has damage within its internal cortex and cuticle layers. It lacks elasticity and has an off-balance moisture/protein ratio. In other words, it looks dry and damaged.

Mechanical distress is caused by normal wear and tear from blow-drying, curling, flat irons and everyday brushing. Hair fibers become weakened, split ends develop and your hair appears dull and lifeless.

So... how can we look great and avoid SOS signals from our hair? Here are a few tips:

Shampoo Smart – Comb or brush tangles out of your hair before you wet it. Apply shampoo to your scalp and not to the ends of your hair, as the shampoo will make them dry and cause them to weaken and split. Remove excess water, gently, by squeezing – not pulling or twisting – your hair. Apply conditioner along the hairline, the nape and the ends of the hair. Then, let it sit a few minutes before rinsing completely.

Blow Dry with Care – If you blow dry your hair, make sure that it is not soaking wet. Blot out water with a towel, first. Start at the roots to achieve more volume. Keep the dryer at least six inches away from your hair and move it around your head.

Protect the outer strands of your hair from becoming over-dried by bending over and blow drying your hair from underneath. Better yet... give your hair a break from time to time and let it air dry.

Keep Styling Tools Clean – Keep your flat iron or curling iron clean. They will last longer and do less damage to your hair. Wash your hair brushes regularly with mild soap and water.

Give your hair a shot – Have your colorist create a customized cocktail to prepare your hair for color and repair your hair from chemical or mechanical abuse. I use the Redken Chemistry system and get amazing results every time.

Healthy Hair/Healthy Body – Healthy hair is a reflection of a healthy

body, so pay attention to what you eat and drink. Water makes up one-fourth of the weight of a strand of hair; and moisture makes hair supple. Drink between eight and ten glasses of water a day to hydrate your body and hair. Protein gives your hair strength; so make sure you get plenty of it from foods like fish, meat, milk, cheese and cereals. Add in a dose of daily exercise, and soon you'll be turning down offers to do shampoo commercials!

Carol Fiorilli is an accomplished hair stylist with 30 years of experience in the business. When she opened Fiorilli Hair Design in 2008, the popular salon – formerly Salon Paradiso – got an extreme makeover. Carol and her husband Joe completely renovated the full-service salon's hair and manicure stations, front desk and reception area. For more hair care tips, visit www.fiorillihairdesigns.com.