

## HERE'S HOW TO HELP YOUR HAIR LOOK ITS BEST

### BRUSHING

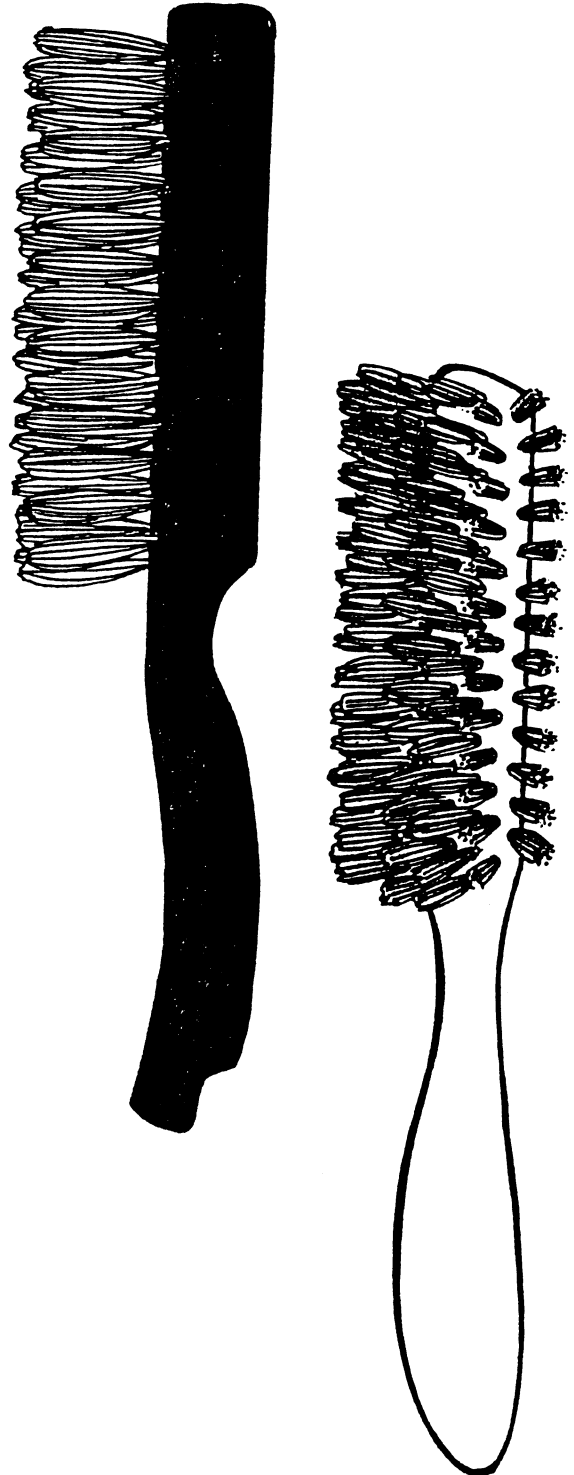
Brushing the hair cleans and polishes it and stimulates the scalp all at once. Use a brush with natural bristles--it's best for polishing. Natural boar bristles are constructed like your own hair shafts, rounded at the ends and able to hold moisture--the better is lift away grime and soot and distribute the natural oil from your scalp. A nylon brush is best for styling after a set. It should have rounded bristles to avoid catching your hair or scratching your scalp. Use a natural-bristle brush for taming thick, coarse hair and a nylon brush to help control fine, flyaway hair. Brushing does not make your hair fall out, nor does it ruin your set--it stimulates growth and enables a good set to move.

This is the way to brush: Bend from the waist. Brush from the scalp to the ends of the hair in long, slow, firm strokes, touching the scalp each time with the bristles of the brush. Don't hack at your hair and don't flatten it down to your head; lift it in wide curves. Don't snap the brush at the ends; this may cause them to split. Slide the brush smoothly off the ends. Now stand up straight and brush down from the top of the scalp.

You might prefer the two-brush method, one brush for each hand. Brush as rapidly as you like, but don't flick the brushes harshly when you reach the ends of your hair.

### MASSAGING

Massaging the scalp stimulates circulation (which helps keep hair healthy); it also activates the tiny oil glands at the base of each hair--so they'll lubricate each hair shaft just enough for nice elasticity and "bounce."



## **SPECIAL TREATMENT FOR SPECIAL PROBLEMS**

### **DANDRUFF**

Every head of hair, whether normal, oil or dry, may have a bit of dry dandruff--an occasional collar-show of white flakes. This is merely an indication that the layers of skin on the scalp are being replaced. More severe dandruff, however, may be actually caused by bacteria. It usually accompanies oil hair and it often aggravates complexion problems, especially if your skin, too, is oil. A severe case of dandruff, if unchecked, can eventually lead to partial baldness. Basic treatment includes daily brushing and massage plus frequent scrubbing with a medicated or anti-dandruff shampoo or tincture of green soap. Brush your hair thoroughly before you wash it, then massage your scalp briskly with your fingertips as you work the suds through your hair. Use hot water. Rinse thoroughly. Rinse again.

If your dandruff problem is severe (if you are annoyed by an itching scalp) ask your doctor to prescribe a special shampoo or rinse. Have your doctor check your diet also: vitamin deficiency can often cause dandruff. Fatigue, too, aggravates a dandruff condition. To help cure--and prevent--dandruff: never borrow anyone's comb or brush, never use anyone else's hairpins or clips; avoid trying on someone else's hat or scarf; clean your brushes and combs often.

### **SPLIT ENDS**

If the tips of your hair are whitish and unruly and you have lots of broken-off ends, you've probably treated your hair harshly. Perhaps you flicked the brush roughly at the ends of your hair. Perhaps you teased it too much. Then too, if your hair tends to be dry and brittle, you're simply more prone to split ends. Have the ends trimmed away gradually by a hairdresser. Particularly if you have long hair and don't want it cut short, this process may take several trims. Brush and comb your hair

firmly--but gently. Once a week use a 20-minute conditioner, one which the label specifically recommends for damaged hair. When you set your hair, bring each roller down to the very end of a hair strand--don't bend a bit of the hair up and back into a "fish hook." Never use brush rollers and avoid sleeping on rollers.

### **THINNING HAIR**

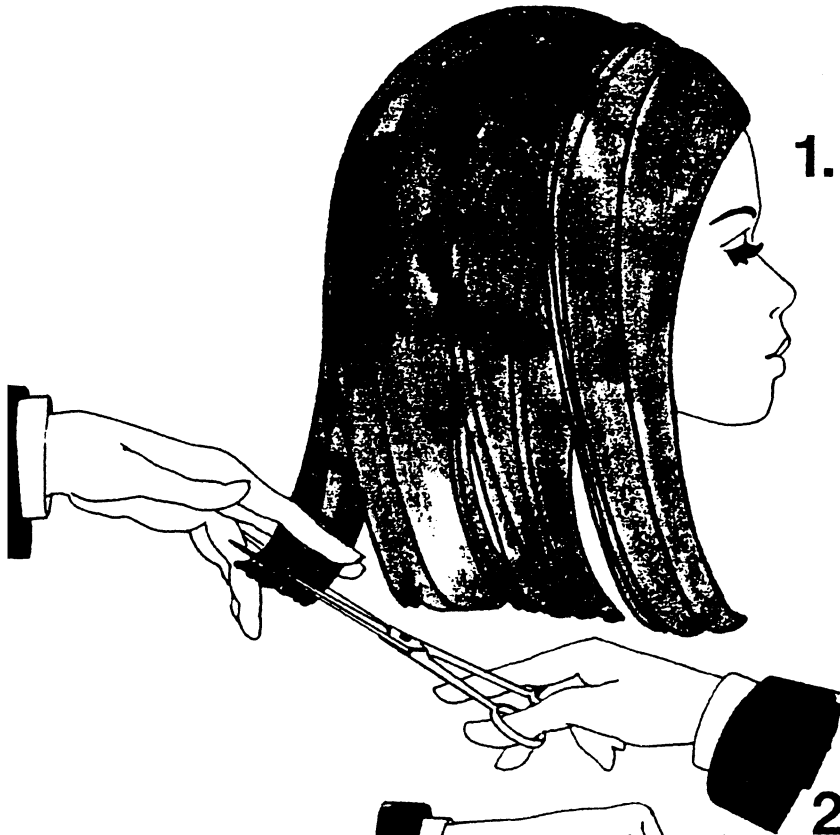
If you seem to be losing an unusual amount of hair, the cause may be one of several: harsh brushing, improper teasing, excessive oiliness, constant use of bristle rollers, or a tightly pulled-back hairdo (such as a ponytail). Illness and certain kinds of medication also may contribute to hair loss. If the problem continues, ask your doctor for advice.

### **WINTERTIME PROBLEMS**

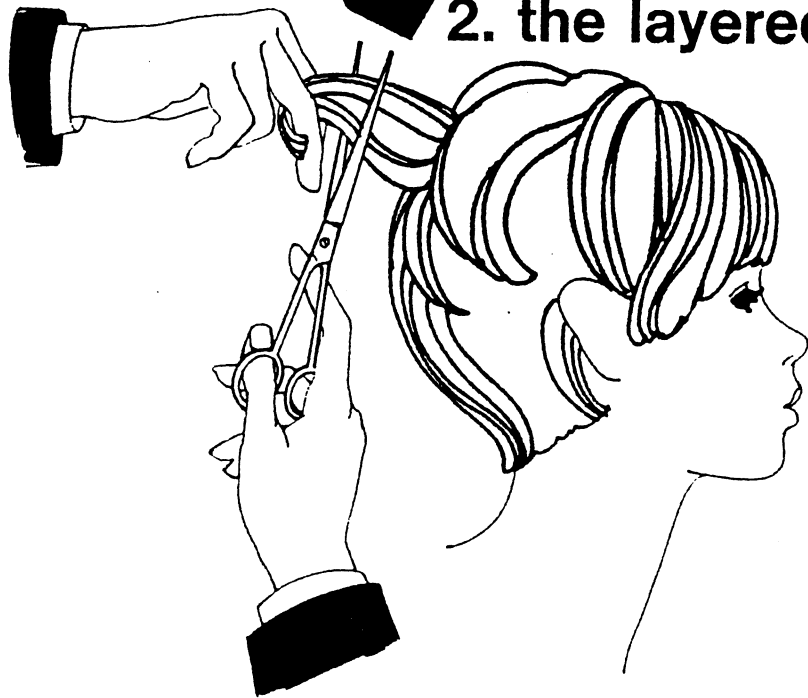
Oily hair behaves best when it is exposed to the air and gets some sunlight; since hats and scarves cover your head much of the time in cold weather, oil hair may become more so in winter. On the other hand, dry hair can become even drier because of steam heat and low humidity. You will probably want to be extra conscientious about your hair care routine during this season. Dandruff is also more common in winter; follow the regimen outlined on this page.

### **SUMMERTIME PROBLEMS**

Summer humidity and frequent swims can play havoc with your hair. While oily hair benefits from sunlight, dry hair (and even "normal" hair) can turn straw-like from too much sun. To protect your hair, cover it with a kerchief or beach hat. Chlorine and salt water are drying too; always rinse your hair as soon as possible after a swim.



**1. the blunt cut**



**2. the layered cut**

## BEAUTIFUL, BEAUTIFUL HAIR

### RINSES

Rinses are used by many girls to remove soap film, make hair shiny and easy to manage and to add color highlights.

Cream rinses come in spray-on or lotion form. They tame flyaway hair, add shine to dry hair, make wiry or curly hair more manageable.

Natural rinses, such as vinegar or lemon juice, make hair gleam by removing every trace of soap film. For light-colored hair use lemon or white vinegar. For dark hair use cider vinegar. Prepare the vinegar rinse by mixing four tablespoons of vinegar with three glasses of water. Pour through hair, then rinse with clear, fresh water. For a lemon rinse mix the strained juice of two small lemons (or two teaspoons of canned lemon juice) with two glasses of luke-warm water. Pour through hair, then rinse with clear water.

Temporary color rinses are designed to make hair color prettier, not drastically different. Think of a temporary rinse as a transparent veil over your hair. If the hair is darker than the veil, the veil won't show. Thus a pale blond rinse over brown won't even be noticeable. A black rinse, however, will deepen the brown tones; an auburn veil may add interesting glints of red to the brown. Mousy brown hair can be deepened to a chestnut tone by using a sunny red or titian rinse. A golden topaz rinse can add highlights to drab blond hair; an auburn shade can give a richer, deeper tone to a carrot-top redhead. These after-shampoo rinses first remove all dulling shampoo film, then deposit their temporary veil of color.

### COLOR-TONE SHAMPOOS

Color-tone shampoos deposit temporary color as you wash your hair, adding highlights. (There are color-matched setting gels to use after shampooing too.)

### MILD LIGHTENERS

Mild lighteners give hair about the same look as a summer of sun-lightening. Their effect is permanent, though, and before you use any permanent product you should give it a good deal of thought. If, however, you really yearn for hair that's "just a little bit lighter," using one of these special preparations is certainly more advisable than experimenting with peroxide, since their lightening action is controlled and the formulas include conditioning ingredients that help protect your hair.

If you use the lighteners, your hair will need special aids: shampoos designed for lightened hair, regular use of conditioners, protection from sun, after-swim care (rinsing out chlorine or salt water immediately), and sometimes use of special rinses to tone down any brassiness that may develop in spite of all your care.

The hair care routine of brush-massage-shampoo should be a basic part of every girl's life. Here are specialized routines for each special type of hair:

## OILY HAIR

Shampoo frequently with a shampoo made just for oil hair. Wash your hair in warm water (never hot) and rinse with cool water to tighten pores. Vinegar or lemon rinses are helpful. Sunshine and regular brushing also help. Regular is the operative word here because sporadic brushing may tend to make your hair oilier, but daily use of the brush will gradually show good results.

## DRY HAIR

Brushing and massaging are essential for dry hair--to pep up lazy oil glands and distribute the oil from scalp to hair ends. Shampoo at least once a week with a mild castile or egg shampoo or one made especially for dry hair. Avoid very hot water. Follow with a cream rinse to untangle snarls and tame flying ends, and use a setting lotion that contains conditioning ingredients.

Once or twice a month, follow your shampoo with a protein-enriched conditioning treatment, the kind that is designed to stay on your hair 20 to 30 minutes, then be rinsed out. For more frequent use, there are "instant" conditioners that do their good work in one to five minutes.

An alternate to the after-shampoo conditioners is this traditional treatment: Before shampooing, apply warmed olive oil on cotton to your scalp, then wrap your hair in towels wrung out of hot water (or use dry towels and sit under a dryer turned to "low") for 15 minutes. Shampoo and rinse thoroughly. If you use an electric dryer, set control at medium temperature, never hot.

