

Salon Hue

# *Five Tips For Healthier Hair*

## **Brush Your Hair**

This distributes nourishing, natural oils from your roots to your ends, which tend to need more moisture.

## **Wash Your Hair Every Other Day...**

**OR LESS!**

Over cleansing the hair can dry out your hair, minimize shine and shorten the lifespan of your haircolor

## **Sleep with a Satin or Silk Pillowcase**

This limits friction, so you are actually preventing breakage.

## **Use a Hair Mask 1 or 2 Times Per Week**

This repairs and nourishes your hair

## **Limit Hot Tools**

Hot tools such as blowdryers, flatirons and curling irons can damage the hair. If you like curling your hair, try airdrying it first.