

Want Velvety Smooth Tresses?

## HAIRDRESSER

Lindsey McKenzie Answers

## YOUR QUESTIONS

On Hair Care Products

Summer holidays can leave the hair damaged – all that washing to rinse out the sand and salt, combined with lots of sunshine and swimming in the sea challenge even the best looked after hair. Active lifestyle, daily sport and gym workouts can also wreak havoc on the hair so extra care is needed. We asked hairdresser **Lindsey McKenzie** for advice on how to restore hair back to its healthy shine.

### What makes a good shampoo and conditioner?

Always choose the correct shampoo for your hair type. For example, if you have greasy hair, a lemon shampoo would be good, if you have dry hair, use almond shampoo. If your hair's been coloured, use a chemically treated shampoo. These products don't have to be expensive but using the right shampoo for the hair type will maximise the results as well as keep costs down.

When it comes to conditioners, remember to squeeze excess water out of the hair after shampooing. This will allow the conditioner to penetrate into the hair. Leave the product on for a few minutes, then rinse off. Avoid putting too much conditioner onto the scalp, try to apply it to mid-length of your hair and to the ends. Too much conditioner on the scalp can make hair look greasy.

### What should I look out for when buying hair products?

When picking out a shampoo or conditioner, avoid toxic ingredients such as sulfates if possible. Pretty much every natural hair care brand states proudly on its packaging that a product is sulfate-free, but there are other chemicals to avoid if you can. These include parabens, triclosan, polyethylene glycol and fragrance.

**Summer holidays can leave the hair somewhat damaged from all that sunshine, sand and salt. What do you recommend for damage control at home?**

Comb through hair with a wide-toothed comb to detangle it, ideally on dry hair, before the shampooing process.



After shampooing, apply a liberal amount of a leave-in conditioner. Always try to leave your hair to dry naturally when possible, and if you use heat, always use a heat protector spray.

### Are hair masks a good idea?

Hair masks are just as beneficial, if not more so, than regular conditioners. Unlike a typical conditioner that rests on the surface of a strand, a hair mask works its way inside the hair cuticle. Because her masks are a lot heavier, they should only be used once or twice a week, depending on your hair type and amount of damage. Usually, once a week is a good treatment to maintain healthy glossy hair. During the summer months, or to repair damaged hair, you can use hair masks up to twice a week, depending on how dry the hair is.

*Lindsey McKenzie is a mobile hairdresser offering all aspects of hairdressing across Herefordshire. Please get in touch for more details on Hair At Home, Weddings, Proms and Special Events.*



ANYHAIR, ANYWHERE  
Hair At Home by Lindsey McKenzie  
Tel: 07817 481 358  
Facebook: AnyHair, Anywhere  
[www.anyhairanywhere.co.uk](http://www.anyhairanywhere.co.uk)