

## Style Scene: Winter hair-care tips keep your locks healthy in cold weather



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Published: 12/4/2012 2:26 AM

**Hair Club expert stylists offer some cold-weather hair care and styling tips for this season.**

"In winter, moisture is the biggest key to maintaining the health and style of your hair," said Tina Lewis, director of technical training with Hair Club. "Whether spending time indoors and outdoors, the air is dry and not only causes frizz but can easily cause damage and breakage."

For hair that is healthy, moisturized and frizz-free:

**Select a sulfate-free shampoo.** Sulfates can help remove buildup and other debris from hair, but they can also irritate and dry the scalp, strip color and shine, cause split ends, and make the hair cuticle rough and coarse, Hair Club says. Shampoos free of sulfates can help attract moisture back to hair.

**Use a round brush.** They help create lift, volume and fullness in hair, Hair Club says. A brush with soft bristles and holes in the barrel will help to circulate air and protect your hair from intense heat.

**Take a multivitamin supplement.** Four essentials are necessary to keep hair healthy and strong from the inside and out.

Biotin is vital for hair growth and strengthening hair and nails.

Vitamin B helps enhance fullness and the way hair looks by promoting blood circulation to the scalp, preventing premature grays and hair loss, and stimulating growth.

Vitamin C affects how hair maintains its color and the right level of moisture.

Vitamin D works with calcium, helps to grow hair and protects it from drying and breaking.

**Take it easy on the hair care products** Too much product can limit natural hair movement, clump hair together, weigh it down and make it look greasy and thin. Hair Club recommends using a dime-sized portion of hair product and avoiding your scalp when using it. Also, consider gloss drops to help reduce static.

**Moisture, moisture, moisture.** The key during the winter, when it's dry outside because of the cold weather and dry inside because of the heat, is deep conditioner, Hair Club says.

**Limit exposure to artificial heat.** Be careful with using heat appliances to style your hair. Give your hair a break from time to time and go all natural.

### **Bits 'n' pieces**

Celebrity serveware designer Julia Knight comes to **Nielsens Exclusive Gifts** for "5 Minutes to Fabulous" 5-8 p.m. Thursday at The Plaza at 81st Street and Lewis Avenue.

Knight will be teaching the "Art of Home Entertainment" at the free event, plus Nielsens will donate 10 percent of proceeds to the charity of each customer's choice.

For more information, call 918-298-9700.

The Babette Trunk show featuring the 2013 Spring Collection is 10 a.m.-5 p.m. Tuesday, Wednesday and Thursday at **Utopia Boutique**, 4817 S. Peoria Ave.

For more, call 918-712-7355.

**Kara Mia** presents "East and West Cash and Carry" trunk show starting this week and by appointment only. Christopher Fischer cashmeres, available in pullovers, tunics and cardigans, are available until Sunday. Hinaya Kyoto designer collections include garments formed from the silk worm. Jackets, vests, scarves and tunics are available until Dec. 15.

All collections can be viewed by appointment only. Email [karamiainc1@sbcglobal.net](mailto:karamiainc1@sbcglobal.net).

Come visit with Santa and get your picture taken by Zeller Photography 10 a.m.-2 p.m. Saturday at **Donna's Fashions** at 101st Street and Yale Avenue.

Visits are on a first-come, first-served basis, and if your little one isn't too keen on Santa, classic Santa-free portrait sessions are also available.