

MONDAY JANUARY 3RD 2011

Elke Von Freudenberg *blog*

Save Your Hair From Winter

Nicholas Penna, Jr., owner and lead stylist of SalonCapri in Newton & Dedham, MA, filled us in on his tips on keeping hair winter safe. We all know that cold temperatures and drying indoor heat can be hard on hair, so if you're wanting to keep yours shiny healthy, you need to keep up your hair maintenance. Nicholas shares his top tips for protecting your locks during the driest season.



- 1.) Stock up on leave-in conditioners and protective oils! These act as a cozy coat between your hair and the heat. During, the cold dryness of the winter months, damage from a curling or straightening iron can be worse than usual. If you're straightening out or curling up, Nick suggests coating your hair with a leave-in oil such as [Shu Uemura's "Essence Absolue"](#). This product contains Camellia oil, so it really works to protect your locks. Camellia or tea seed oil is often used as a rust protectant for woodworking tools...so it means business!
- 2.) Air dry! If you're not freezing post-shower, try to let your hair air dry before blowing it completely dry. The less hot air you infuse into your locks with the drier, the more moisture you'll seal in from your shampoo & conditioning products. If you can avoid blow-drying altogether, Nick says, "go for it!"
- 3.) Stay moisturized! Nick suggests go into your salon for a professional deep conditioning treatment at least once a month. This is a great way to keep your hair healthy and shiny in the winter months. If this isn't in your budget, Nick recommends using [Shu Uemura's Art of Hair Moisture Velvet Nourishing Treatment](#). This product can be used daily on thick hair or once a week as a deep treatment on fine hair. Apply the product to clean, damp hair. Leave on for 5-10 minutes and rinse out.



4.) Keep frizz away. Frizzy hair is one of the worst things about the winter's dryness (think static cling, hat hair...ew!). Nick suggests attempting to stop the problem before it can begin. Nick loves anti-frizz products and swears by them during the winter. His favorite is L'Oreal Professionnel's Gelee Riche, an anti-frizz styling gelee that is applied to towel-dried, damp hair. Still frizz-tastic? Nick's quick tip is to spray a small amount of L'Oreal Professionnel's Freezing Mist or another strong hold finishing spray on a hairbrush and lightly brush it through your hair from top to bottom. Voila!



5.) Be dirty! Ok...not dirty, but Nick recommends washing your less frequently during the winter. Frizz is a result of dry, broken strands of hair aka lack of moisture. Washing your hair everyday does more damage than good. Nick suggests washing your hair every third day or every other day. If you're suffering from dry locks and split ends, Nick suggests washing your coif with Shu Uemura's Silk Bloom, a shampoo that helps to restore moisture to dry, damaged hair.