

BEAUTY 411:
HAIR CARE
With
Jamee G





Managing Winter Hair

Tis the season! But why is my hair feeling dry and breaking off? It's getting old outside and you may notice your hair is changing. Yes, it is! Climate change can alter your hair. The cold weather and dry heat inside can cause your hair to become dry and have split ins. Here is 1 IMPORTANT thing you can do to keep your hair healthy. ↓

KEEP YOUR HAIR HYDRATED!

Hydration is moisture. Therefore, you need to force moisture to retain in your hair. When it is cold outside it causes your hair cuticle to raise, making it harder for moisture to stay or penetrate your hair. Raised cuticles will also result in split ins. On a healthy strand of hair, the cuticle will be intact allowing moisture to stay in your hair.

Here are ways to keep your hair hydrated:

- Hot oil treatments
- Steam treatments
- Deep conditioning treatments

AND MOST IMPORTANT "Avoid heat styling" DON'T FORGET What you put into your body also plays a major role in keeping your hair hydrated and healthy. Here are things you can eat and or drink:

- Drink more water "drinking water is like watering a flower, think of your hair as a flower"
- Boost your intake of vitamin B and C. Vitamin B is good for assisting in the production of oxygen-rich red blood cells, which feed hair follicles and aids in hair growth. Vitamin C is full of antioxidants and creates collagen.
- Eat healthy fats. Examples are leafy greens, avocados, fresh salmon and tuna, nuts, eggs, coconuts and dark chocolate. You can also mix these into your smoothies.

When the weather change, take note and adjust the things you do to keep your hair healthy. Any personal questions or concerns about your natural hair please visit www.jameeg.com to book a video or in person consultation. Let's keep our hair healthy. Loc Bar Healthy Hair Studio specializes in healthy Natural Hair and Loc Maintenance/ Repair. Visit us at www.jameeg.com and on Instagram at <https://www.instagram.com/locbarhhs>. I have Locs & Protective Hairstyles, please visit my website online at <http://www.jameeg.com>

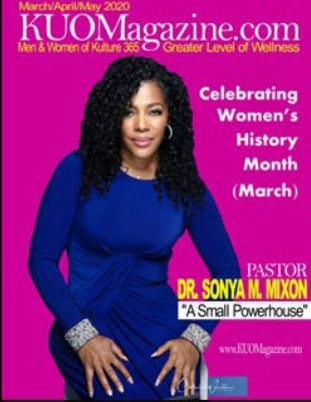
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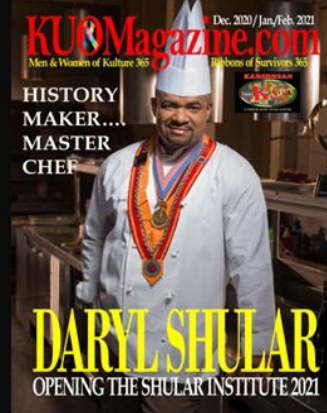
has honored & featured many of our Trailblazers, an advocate to various causes, Health & Prevention, Wellness Recipes, to celebrating our Cultural Heritage over

The past 12 years.

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(G.L.O.W.)



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