

Hair Care Tips and Information



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5 Ways to Reduce Dandruff

Dandruff is detected by the itchy and flakiness of the scalp. You can always check with your dermatologist to identify the problem and for remedies that help cure it. You may not even have dandruff; your current hair product including shampoo and conditioner could be irritating your scalp. So, try switching your product first to a non-dandruff fighting shampoo and conditioner. See if the flakiness goes away. Stress can be a main cause for dandruff, so make sure that you try relaxing techniques daily to reduce your stress level.

1. Shampoo

Wash your hair with warm to cool water. Try a mild shampoo for a few weeks, and if you do not see any results, use an anti-dandruff shampoo. You should notice improvement in 4-6 weeks. Avoid alcohol based products, or any other styling products until the dandruff subsides. Instead use a leave-in conditioner to maintain shape.

2. Aloe Vera

You need to soothe your scalp because it is red and irritated, so try Aloe Vera. Rub the gel onto the scalp and keep it on overnight. Be sure to replace your pillowcase.

3. Apple Cider Vinegar

Try pouring two tablespoons of Apple Cider Vinegar onto your scalp, or lemon juice, or even try a mixture of both. Leave it on for as long as you like about 20 minutes to an hour should work and then shampoo.

4. Coconut Oil

Coconut Oil is a mild and soothing choice in relieving dandruff. You can chill it and work it through your hair. After a few days the dandruff should be gone.

5. Herbal

You can use various herbs including ginger, rosemary, tea or thyme. You can combine ginger and rosemary with olive oil, separately and rub onto the scalp. Tea can be made and then rubbed into the hair and shampooed. The oil from Thyme is an antiseptic and can be boiled and left on your hair.

You can also try to eliminate dandruff from the inside out. Cut back on junk food, or eliminate it completely from your diet. Try eating yogurt. Also, include more fruits and vegetables and incorporate milk.

If the dandruff problem persists, or any of these remedies make the problem worse discontinue and seek medical attention. You want to be sure it is in fact dandruff you are seeking. If it is another skin condition, it will be treated using different remedies.

Curly Hair Care Tips

Number one rule for curly hair: love it! It always amazes me when people with naturally curly hair don't completely love it. So many women go to drastic measures to get straight hair when they have something so wonderful already. Constantly straightening your hair with a flat iron can cause significant heat damage, and please do not get permanent hair straightening procedures done.

1. Love It

Your naturally curly hair is beautiful. Whether it is long, short, tight curls, or loose waves, you have many straight haired women wishing they had just a little of your kink! Long curly hair, especially when healthy can be extremely attractive. Men often incorporate sexiness with hair and consider big hair to be very appealing. If a woman has wild yet controlled curls, that are full of body, many men are drawn to that look, and associate hair with sex.

2. Take Care of It

The most important thing for curly hair is to condition it. Frizzy, uncontrollable natural curls can easily be tamed by using a conditioner designed specifically for curly hair. Also, deep condition your curls once a week, with homemade accessible conditioners or intensive store or salon bought treatments. Also, use a shine serum mixed with a leave-in conditioner for a great curl look. Stiff curls that don't move aren't as great as a curl that you can run your fingers through yet stays molded. You can also mix leave-in with your gel or mousse to prevent the unwanted sticky look. Dry your hair upside down, on low and always use a diffuser. It is better to let your curls dry naturally though.

3. Work It

Now that you've got the curls you've always wanted, flaunt them. Once your hair is completely dry, carry a small shine spray and lightly mist the finished product. Whether you have short curls or long curls, if you love them, other people will love them and notice them. It is important to be confident in yourself. Other people recognize and respond to this trait. So, if you love your curls and stop talking about how much you want to change them and instead embrace them, other people will love them too. You might even have a few of the straight haired girls wishing even more that they were blessed to have your curls, even if only for a day!

The Best Organic Hair Care Lines

So, you want great hair, but you also want to be eco-friendly, and not spend too much. Aren't you picky! Absolutely not! You are many organic or eco-friendly hair care lines sought after consumer.

1. Ecco Bella

Sally Malanga created Ecco Bella products, when she realized that most hair care products contained harmful ingredients to both consumers and the environment. She believes that products intended for humans should understandingly be tested on humans; therefore her products are not tested on animals. Her makeup is made from earth's minerals and flower waxes. She even offers refillable compacts for blush and eye shadows. Her skincare is filled with nutrient vitamin cells. The products are organic and anti-aging. Her room sprays only include essential oils, emulsifier and water. She is loved in the eco-friendly world for her vanilla shampoo and conditioner that are only 8.95!

2. John Masters

This line offers eco-chic hair care products and free ground shipping. The Evening Primrose Shampoo is only 16 dollars and cleans through decyl glucoside a sudsing agent certified for its eco-clean production. Evening primrose is supposed to add moisture and strengthens. The Shine-On leave-in hair treatment uses a synthetic silicone to ensure shine on your hair, shines right through. You can easily use this product in replace of petroleum-based products. It contains organic sea kelp to shine and soften hair. The sea mist includes sea salt for texture and lavender to normalize scalp conditions. To spike or smooth your hair use the bourbon vanilla and tangerine hair Texturizer, it is safe for color treated hair and only 21 dollars. The ingredients smooth the hair cuticle and increase strength and shine. John Masters is also New York City's only clean air salon.

3. Desert Essence

This line allows you take the "personal consultation" quiz so that you can formulate the products to fit your skin. Jojoba Body Boosting Shampoo and Conditioner are enriched with organic Jojoba oil, Kukui Nut, and Aloe Vera, and each is only 5.99! The treatments range from tea tree to therapeutic to 100 percent Jojoba oil. The Jojoba oil can be used for multiple things, including removing makeup, soften your hands and feet; and it is a great way to treat your hair and scalp, and reduce dandruff. It is suitable for extremely sensitive skin and a great treatment to leave-in and moisturize while in the sun.

Easy Steps to Caring For Your Hair

Want to know some of the easiest steps for caring for your hair? Let go! Try letting go of a few of your hair products, or routines and give your hair a break!

1. Go Natural

One of the best things you can do to care for your hair is to let your hair breathe, just a little. Try it for a week, or even just a day and see if you like the result. Think about it, you pull, and blow-dry and heat your hair, everyday, imagine what those weak little hairs go through! Do not let yourself go while you do this, in fact, you might want to highlight your features by spending the extra time on a new makeup style, maybe a bold eye with a nude lip. Continue to wash your hair, and if you have the time, add in a leave-in conditioner and let it air dry, this works

especially well for curly hair. If your hair is wavy, you can comb your hair back with a wide-tooth comb and put it into a loose bun. Add a sparkling hair accessory. If your hair is stick straight, pull it back into a chic ponytail.

2. Condition

Conditioning is the absolute key to hair care. Use a regular lightweight moisturizing conditioner daily, and use a heavy deep conditioner for 20 minutes weekly. Conditioner depends on your type of hair and your personal preference for what you like. If you don't like your hair to feel like you have too much hair product on it, choose a lighter conditioner. If you have thick hair, use a thick conditioner. For added effect when deep conditioning once a week, lather your hair from root to tip, focusing on the tip. Wrap your hair up and use your blow dryer for about 5 minutes, then leave it on for 20 minutes and rinse.

3. Let It Shine

Even when you let your hair dry naturally, to improve your hair care routine, there is no reason why it shouldn't shine! You can easily prep it to shine by applying a shine hair serum on your hair. Be sure you use this sparingly, smaller than a dime, or your hair will look oily. Once it has air dried, simply spray on a shine spray for a polished look.

Great Homemade Hair Care Solutions

Your hair is often the thing that many people, including yourself notice first. If you have a bad hair day, it can literally make you have a bad day. If you do not feel comfortable with your hair, whether it is cut, color, style, or condition it can bring down your self-esteem and it is noticeable. Many people want to be able to have better hair care, but feel that many of the great products are just too expensive. There is a solution for that: make it at home! You will not be sacrificing the quality of the product either, simply because it is homemade. You may find that these homemade products give you a better result than the most expensive salon products.

1. Shampoo

A great alternative to store bought shampoo is the Chamomile Fields Shampoo by Pioneer Thinker. You need for bags of Chamomile Tea or 1 handful of fresh Chamomile flowers, 4 tablespoons pure soap flakes, and 1 ½ tablespoons glycerin. Let the tea bags soap 1 ½ cups of boiled water for 10 minutes. Remove the tea bags and add the soap flakes. Wait until the soap softens, and then stir in the glycerin. The shelf life should last for about a week, and don't forget to refrigerate.

2. Conditioner

Elaine Rowan-Jackson provided the Tropical Conditioner online; you simply combine 1 peeled and mashed avocado with coconut milk. Combine just enough that it becomes the consistency of conditioner. Comb it into your hair and keep it on for about 15 minutes and rinse. There is a

warning to avoid if you have high blood pressure, are epileptic or are pregnant. Use for about a week for great hair care and discard.

3. Hot Oil Treatments

There are two different hot oil treatments that work well. Simply combine 1-teaspoon soybean oil and 2 teaspoons castor oil and warm on low heat. The other is a half a cup of dried rosemary leaves and ½ cup of olive oil. Strain this concoction. You can wrap your hair in saran wrap, a towel, or use a shower cap, and keep on for 15 minutes. You will need to wash your hair more than once to remove the oil. Using olive oil you can also add rose water or lemon, or another type of essential oil if you prefer.

Hair Care Tips for Men

Okay guys, be honest, how much do you really care about your hair? Do spend more time on your hair than your girlfriend does? Are your buddies also giving you a hard time because you've got to have your hair right for the big game? Or do you just like for your hair to look nice? If you answered any of these questions, then keep reading.

1. Shampoo & Conditioner

A good shampoo has four basic characteristics, it cleanses the hair of oil and debris, it works in hard and soft water, it does not irritate the skin, and it leaves the hair and scalp in natural good-looking condition. You might not want to use a conditioner, because you're a guy, but you should! Many conditioners contain lanolin, vegetable oil, proteins, and herbs, and they are designed to restore natural oils and moisturize the hair. Leave in-condition are a great alternative to styling products, and still provides some style.

2. Homemade Remedies

Eggs provide your body with protein, and they can also work as a shampoo. I don't recommend doing this daily, perhaps once a week or month. You simply beat the egg in a bowl, and apply to hair in a lather. Then wash your hair in warm or cold water, do not use hot water, unless you want scrambled eggs on your head! Use a lemon rinse, squeeze about half of the lemon into a cup. Olive oil is also a great treatment. Apply an ounce of olive oil to shampooed hair and wrap a steaming hot towel on your head. Leave it for 10 or 15 minutes and rinse.

3. Styling

I always believe less is more when it comes to men's hair styling. The end product, when you have finished styling should never look overdone, or too styled. Men's hair looks better if you look like you showered, put some effort into it, used a small amount of product, and got going. This depends on the length and texture of your hair. If you have curly hair you may want to use a mousse, for stick straight hair try gel. Pomades work well to keep your hair in place, put it can

be very sticky. Hair creams also work well and are a good alternative to use if you want to run your fingers in your hair, or if you want someone else to!

Hair Care Tips for Red Heads

Red hair can be some of the most beautiful and obviously unique colors you can get. Some of the most beautiful mythical characters had red hair; particularly folklore from Ireland, even reading about the hair color is vivid in one's mind. Whether you are a natural red head, or colored (don't worry we won't tell) great hair care is essential for this particular color. You want your hair to be shiny and rather than a drab color, you want it to flicker like a flame or the shiny red apple that tempted Adam, maybe Eve was a redhead.

1. Choose the Right Color

If you are a natural red head than you probably have a paler skin tone. Make sure that you accentuate your skin, and makeup to appropriately reflect your hair color. Try different brands and products to see which works best for you. Red hair is dramatic, so instead use subtle dewy makeup colors that make your skin glow. Just For Redheads offers a variety of makeup colors designed for red heads.

2. Shampoo & Conditioner

Always use a shampoo that is formulated for red hair. ShiKai's Henna Gold Redhead formula is a popular choice. This shampoo is designed to add red and auburn tones to your hair. Neutral and red henna extracts a cellophane like coating that is tinted red onto each hair shaft. If you don't like the final result, it comes out after a regular washing. You can also find conditioners that are specifically for red hair. Try to find one that is moisturizing, but does not weigh the hair down, as red hair has a tendency to be frizzier than other colors.

3. Henna

Red hair color is the only true color that results from Henna. There are many henna products that are available. Always read the product description and make sure it includes natural and nourishing ingredients. Rich red hair can be one of the most strikingly beautiful colors. It is amazing, because it is not seen very often. One of the most complete ways to highlight your hair is to also wear the right colors that only accessorize your natural beauty. So if you find natural henna products that can bring out the inner shine, you will certainly attract a good amount of positive attention. Maybe you'll even tempt a few of those lookers.

3 Things About Organic Hair Dye

Did you know that you could color your hair using organic, natural products? It sounds unbelievable doesn't it? Many salon products contain very harmful chemicals. One of the most

common harmful chemicals that cause allergic reactions and cancer is including p-phenylenediamine (PPD).

1. Hair Color Line for Professionals

There is a professional permanent non-toxic hair color line available from Eco Colors. The line for professionals is soy based and rich in natural essential oils of flax and castor oil. Their line is known for being usable for people who have severe allergies from itchy scalp to hair loss. Eco Colors hair color consists of flower essences and natural preservatives. Pregnant women have even used the line, with no harm to their babies.

2. Home Hair Kits

Eco Colors also provides home hair color and highlight kits. Along with the same ingredients as the Professional line it is very conditioning, a must for your hair care needs, including Vitamin E and C. This color does include PPD. The company claims it is safe because their natural soy base does not absorb the chemical.

3. Tints of Nature

Tints of Nature permanent color do not contain harmful ammonia or ammonia substance, and no parabens. Therefore, there is no irritating smell. The ingredients include organic ingredients that promote their commitment to eco-friendly hair care. They also use an extra mild, low odor peroxide. You can also purchase the Herbatint Chamomile Hair Lightener through ihealthtree.com for only 7.39! It is a combination of chamomile extract and vegetable based ingredients that lighten hair naturally with no damage. The site also offers the same brand's shampoo, and other colors from black, to red.

Tips for Great Blonde Hair Care

The best tip for blonde hair care is to get the right color! Blonde is the trickiest of all hair colors. There is obviously the unfair stigma that accompanies being a blonde, whether natural or bottled. Aside from the emotional flack that many blondes receive, is the physical. If you have the wrong blonde shade, it will do nothing for you.

1. Get The Yellow Out

The absolute worse problem for blondes is getting a bright blonde color and keeping the yellow out. No matter what, yellow is made for school buses, not your head! It has never been a natural color, and it does not look good. The best way to get blonde hair, with either all over color or highlights, is to find a great stylist. It is harder than you might think. For some reason one either know blonde hair or they don't. Communicate with your stylist over exactly what it is you want. Do not be timid. Bring in pictures of what you do want, and tell them no yellow! Many say toner will take it out, but sometimes using a toner can turn the hair more yellow. Using a purple shampoo, such as Aveda's Blue Malva is a great choice.

2. Condition, Condition, Condition

When hair is being processed with bleach, it can be extremely damaging. John Frieda also offers a line, Sheer Blondes. It is inexpensive, mostly under 10 dollars and works well. Redken's All Soft Line is very conditioning and you will feel the results in silky smooth hair. You can also use homemade conditioners with recipes that include mayonnaise, eggs, olive oil, or avocados the options are endless. No matter what though use a conditioner every day. You can even use a leave-in for better results and deep condition at least once a week.

3. Know When It's Not For You

Blonde is not for everyone. It is one color that you either are or are not. If you have naturally white-blonde hair: lucky you. You can choose between ash and dark blonde to the beautiful look of well-done platinum. Where the correct makeup for the blonde hair color and tone it down, the hair is often bold enough. If you have naturally black hair, more than likely blonde will not look good; instead find a great dark rich color.

Things You Need to Know About Hair Loss

35,000,000 men experience hair loss each year in the United States. 20 percent of men in their twenties suffer from losing their hair and grows up to 50 percent of men in their fifties. Both men and women experience hair loss and the most scientific reason for why is hereditary. 60 percent of women experience some loss of hair by menopause.

1. What It Is

Anagen is the growth phase. Hair can grow for as long as six years depending upon your age. Right after puberty in the teenage years, one experiences the most amount of hair growth, because of a high rate of hormones. Catagen is the phase in which the follicle shuts down and Telogen is the resting phase. At the Telogen phase hair stops growing completely. The follicle shrinks. If the follicle dies, than there is male and female pattern baldness. The reason that women lose their hair as well, is because women are born with androgens, the male hormones that cause hair loss, if you inherit them genetically, as well as estrogens that have the opposite effect. You may be losing your hair if you see excessive shedding on your pillow, in the shower drain, or if you run your finger through your wet hair.

2. Conditions

Cicatricial alopecia is an irreversible form of hair loss associated with scarring on the scalp. Congenital alopecia is the absence of hair on the scalp, it can occur alone, or with another disorder. Symptomatic alopecia is the loss of hair due to symptoms of a psychogenic cause such as general health, scalp or skin infections, and stress. Other reasons one might be experiencing hair loss is do to depression and poor nutrition.

3. Options

There are many options that one can take advantage of when it comes to hair loss. Rogaine and Propecia are two of the best-selling hair loss medications. Cortisone can also stimulate hair growth. Hair transplants are another option. Hair weaving is also available, this is the procedure of sewing or weaving a foundation into the remaining hair on the scalp and then weaving human hair into the foundation.

Hair loss can be a difficult thing to deal with whether you are a man or a woman. You can further consult your doctor about concerns or options regarding hair loss.

Beautiful Hair From The Inside Out

Do you want beautiful hair? Is everything that you're trying topically not working for you? Are you conditioning on a regular basis and using non-damaging hair products? Then lets try to bring out your natural beauty from within by giving you beautiful hair from the inside out.

Vitamins

Vitamins are a great way to help you hold onto your hair, and prevent hair loss, and also improve the state of your hair right now. Vitamin E, ginkgo biloba, and antioxidants are good supplements for your hair. Biotin, which can be taken orally in tablet form or injected are believed to strengthen skin, nails and hair. Omega-3 fatty acids improve circulation and feed the root. Foods that contain an abundance of Omega-3 are salmon, tuna, mahi mahi, mackerel, and swordfish. Olive oil, canola oil and nuts including walnuts and pecans provide Omega-3 fatty acids via land-based sources.

Food and Snacks

Some of the best healthy food and snacks for great hair include the following

Food

- Salmon and Sardines, Eggs
- Lentils/Wheat Bran and Germ
- Spinach and Watercress
- Rice, Seaweed
- Cantaloupe, Blueberries, Citrus fruits

Snacks

- Almonds and Walnuts, Sunflower Seeds
- Figs, Apricots, Bananas
- Raspberries, Strawberries, Oranges
- Raisins and Prunes

- Skim milk and low-fat yogurt
- Whole grain cereal and snack bars

Hair is made up of protein, so an excellent diet, full of sulfur rich foods, such as beans, milk, dairy, fish and eggs are great for your hair. To improve your hair's shine, you can eat ginger, olive oil, apples, chickpeas, and ground flax seed or oil. Broccoli, cabbage, tomatoes, carrots, and string beans are great vegetables to eat to promote better hair care. Green tea is rich in antioxidants and is effective in treating male pattern baldness. Oatmeal is also recommended to use as a hair mask, it is effective because it exfoliates skin cells, and the hydrolyzed oat protein works as a volumizer for the hair shaft. A multivitamin is an excellent option to include in your inner beauty hair care regimen. Regular exercise and being able to distress may also contribute to your inner hair care quest. You might just notice when you are relaxed and taking good care of yourself both physically and emotionally, your hair will go to great lengths.

Hair Care Per Person

Hair care is personal. How we want our hair to look. What we need to slather onto our hair to make us feel better, it is all-relative. Hair care is also different for everyone. This is because everyone's hair is different. You can have two sisters from the same parents have completely different color, texture and style of hair. Therefore hair care has to be molded to each person.

Straight v. Curly

Two very different types of hair are straight versus curly. One can dry naturally and have zero body, while the other will be full of body and be unruly. The condition either type is in though is crucial. Shampoo and Conditioner is both key in either of these hair types. You may want to stick to a lighter conditioner if you have straight fine hair and go with a heavy thick conditioner for very curly hair.

Blonde v. Dark, With A Little Red

This really is all about color. The right color on the right person can make all the difference. The great thing is you don't have to be a natural born any of these to become any of the other. It can also be the biggest mistake. Choose the color that is truly the right one for your skin tone. Color also reflects in the makeup you wear, and the clothes you put on. For red heads this absolutely essential. Greens and purples usually look fantastic on pale skinned red heads.

Organic v. Non-organic

Within recent years, the spread of organic hair care lines has certainly grown rapidly. Non-organic mainstream lines have also continued to grow. You can find get product lines that are committed to eco-friendly practices and have horrible products; and you can find mainstream lines that do not incorporate eco-friendly practices and have great products and vice versa. You have to do your research on both types of lines. With the Internet you can read reviews and

decide which product work the best for you. You can also learn more about the company and the types of ingredients they use. This is key, especially if you are allergic to certain ingredients. It may be easier to spot an allergen in an organic product, because products that you have no idea what they are do not surround it!

5 Tips for Shiny Hair

Have you always wanted shiny, silky hair? It doesn't matter if you are a blonde, brunette, or redhead. It also doesn't matter if you are a woman, man, or teenager. You can have shiny hair, and you can have it cheap. There are just a few simple tips you need to get that soft shine hair, and it's through impeccable hair care.

1. Protect

The best way to improve the shininess of your hair doesn't mean to do less to it just means protect it. Think about all of the stress your hair goes through on a daily basis. You think your day is stressful! Hair gets brushed, pulled back, heated, tugged at even ripped out. So try only using heating products including a flat iron or curling iron every other day.

2. Wash

Shampoo your hair. Some people say not to wash everyday, others say it is fine, do what you feel comfortable with, but keep it clean. Rinses with cold water prevent your hair from receiving the damage from very hot water.

3. Condition

Whether it is a homemade conditioner, or an expensive salon product, condition your hair. Condition daily and at least once a week. Olive oil heated up with your favorite essential oil is a great and quick option. The Olive Oil moisturizes and the essential oil provides a great scent.

4. Try Less Coloring

Place your salon visits farther apart. It might seem drastic when we love our hair freshly highlighted, but it could be better for your hair to spread them out. If you love your regular salon visits, in between highlight or color appointments, book a deep conditioning treatment. Also use a color enhancing shampoo and conditioners to stretch out the last those highlights have to offer.

5. Shiny You

Look for shampoo, conditioner and products that contain tea tree or other essential oils. 100 percent Jojoba oil and olive oil are also great choices that can be worked into your other beauty routines. You can also use shine spray and serum. Make sure you do not put these products on your root, as they can make your hair look oily. Give yourself or ask your spouse or partner to

do a scalp massage, it will stimulate natural oils, and is also very relaxing. It is also believed that massaging your scalp can stimulate hair growth!

Hair Care For People With Severe Allergies

Are you severely allergic to certain foods or products? If you are, then you need to be extra careful when it comes to shopping for hair care products. Do not think that just because you are not eating the product does not mean that you cannot have a serious allergic reaction.

Read All Labels, Every Time

Reading labels is one of the best ways to prevent an allergic reaction. If you know the products that you are allergic to, you have to be especially careful of hair and skin care lines, because many of them include food ingredients, such as berries and nuts. Nut allergies are one of the most deadly allergies to have. Anyone who has an allergy to nuts knows to look for Sweet Almond Oil, Macadamia Nut Oil, and even Kukui Nut Oil. It becomes more difficult if you aren't sure if the product is a nut you are actually allergic to. The best thing to do is air on the side of caution and do not use that product.

Warn Your Stylist

You need to notify your stylist, just as you would a restaurant server about your allergy. They might forget and grab a product that might be great for your hair, which could be potentially dangerous for you. Make sure you are alert and watch to make sure the stylist doesn't use any new product you are unsure of. Topical allergies can be as severe as ingested allergies. Touching a raw egg, even the shell for someone who is allergic can cause his or her hand to swell. Touching a nut, and then touching your eye can cause a reaction of your eye swelling shut. Even inhaling can cause a reaction from acute to severe. So having a stylist put a shampoo on your hair and you even inhaling the fumes from the allergen can cause you to have asthma or another reaction.

Homemade Hair Care

One of the things about homemade hair care that someone with allergies needs to understand is that many are made solely with eggs, nuts, and even dairy. Mayonnaise and straight eggs can be used as a great substitute to clean and condition hair. Many homemade lotions contain yogurt, milk and sweet almond oil. You can use substitutes and you should. Never take the chance with an allergy, particularly if it could cause you to go into anaphylactic shock.

Baby Hair Care

It used to be very limited, only Johnson and Johnson or Baby Magic carried a line of strictly for babies' hair care products. Many body washes could be used on the hair, as it was gentle for all of the baby's sensitive skin. Now you have so many options, you may not know where to start!

Basics for Baby

Johnson and Johnson's Baby Shampoo is still a favorite; it gently cleanses the babies hair and is safe enough for the baby's eyes. It will not burn or sting, and when using it on your baby it is still a great choice. Some people love the Baby Magic Body Wash to use on baby and children's hair. It has a great smell and is also gentle. Johnson's also offers baby shampoo with natural lavender for a calming nighttime bath. Aveeno is also pediatrician recommended. Aveeno's Soothing Relief Creamy Wash is hypoallergenic and fragrance-free, it is also oatmeal based.

L'Occitane Mom and Baby

The French luxury yet affordable brand offers great mommy and baby products including some hair care. Mom and Baby Balm is a great gift for new mom. It is extremely moisturizing and very gentle on even the baby's skin and for their hair. It includes coconut oil, oatmeal, Shea Butter and Calendula.

Baby Hair Care Products for Adults

The Aveeno Baby Wash and Shampoo can be used not only for baby, but for mom also! It is tear-free and can be used on baby and adults sensitive skin. Johnson's now also has a baby bar, a white soap as gentle as their wash to use on adult or babies. Two of the greatest products for children and adults are the newly packaged Johnson's No More Tangle Detangling Spray and Johnson's No More Tangles Leave-In Conditioner. These are both a great alternative for styling product, especially for curly hair. They are light, they smell great and they really do detangle, just like the product we used when we were children. They also moisturize and give a nice natural hold. They are great products to include in your hair care regimens that are very inexpensive, less than 5 dollars! It really is a great deal, one that you can easily afford to try today. You might find these are two hair care products you just can't live without.

The Best Hair Care Salon Treatments

Often, when people think about the salon, images other than relaxation pop into their mind. They simply see hair falling to the floor, bleach burning hair, heat coming off of the scalp, hair being turned into all different unnatural shades. That doesn't have to be the base though. Many salons not only offer styling services, but also fantastic deep conditioning treatments to improve the overall look of your hair.

1. Scalp Massage

I cannot think of anything more relaxing than having my scalp massaged. I could easily lay back and have my head massaged for hours. Incorporating in a shampoo, conditioner and blow-dry is a nice touch; but it is the scalp massage I love. A stylist either enjoys doing this or doesn't and it shows. Let your stylist know if they are applying enough pressure or too much, and ask them to adjust.

2. Hair Mask

Depending upon the type of salon you visit the hair mask ingredients will vary. If a salon carries their own product line they will incorporate that into your hair mask. Protein rich seaweeds, and sea kelp are often incorporated into the hair mask and are designed to treat dry and color treated hair. Many also incorporate multiple vitamins. Instead of sitting under the dryer, if the weather permits, ask if you can sit in the sun.

3. Deep Conditioner

This is a common treatment utilized at salons. A thick or heavy deep-penetrating conditioner is applied to your head, sometimes along with a relaxing scalp massage. You can often choose to opt between a protein deep treatment and a moisturizing deep treatment.

4. Oil Treatment

An oil treatment can be applied to your scalp to reduce dandruff or moisturize and condition your hair. The oils can be chosen by you, and you should state your preferences if you have any. The stylist should let you smell the essential oil before it is placed on your scalp.

5. Facial With Scalp Massage

A facial and a scalp massage, now that's an indulgence. Some estheticians offer a scalp massage to accompany your facial. Make sure the esthetician uses a product you are not allergic to on your skin, as many facials can cause breakouts. After the esthetician cleanses, exfoliates, moisturizes and massages your face, and usually arms, so may also ask if you would like a scalp massage. Whatever you do: say yes!

5 Tips to Supermodel Hair

Supermodels seem to have the most beautiful hair, don't they? Well, you may be able to get that same look through these supermodel tricks and great hair care. Remember that many models have extensions, so that is what creates much of their body and volume. If you do not have thick hair, or extensions, you may not have the same effect, but there is no problem trying.

1. Condition

Whenever you know you are going to be using a lot of heat, or adding stress to your hair make sure it is conditioned, both before and after. Use a thicker conditioner and deep condition after

you've tried the new look. Also, seal your hair with a heat protector most lines carry them. If you can't find one, use a leave-in conditioner.

2. Blow Dry

Blow dry your hair with your head flipped over on high you can add a bit of hair spray to add volume, not too much though. Add a volume enhancing mousse, to encourage that big hair look. Blow dry in sections to make sure you get out any unwanted kinks.

3. Style

Once your hair is dry, brush through it gently and place your hair half up using a clip. Spray the hair that is loose and securely place rollers into your hair. Do this layer by layer, until all of your hair is rolled. Then with volume on low blow dry each roller. Keep the rollers in for about 15 minutes. Take out the rollers, and do not brush them. Spray on a light hair spray for extra hold after you rub your fingers gently through your hair. Do not brush. You can add a different part to switch things up as well.

4. Tease

They say you should always leave them wanting more, so go ahead be a tease. If you get a little bored with your supermodel hair do, change it up a bit. You can place it half up and tease the top for more volume using a fine tooth-teasing comb.

5. New

Just try something new. If you are adventurous and in your twenties try for the low pigtails sexy look. They can be very sexy. If you are older it will work too, I think perhaps in better in a more intimate moment. Tie with an elastic band that is the same color as your hair, and keep them low, below your ears, near your neck.

Brunette and Black Hair Care Tips

Dark hair is mysterious. That is the first thing I think of when I see dark hair. Sometimes brunettes feel they take the smart back seat to the hot blonde friend or the wild red head. That's something to be proud of smart and mysterious, talk about two for one! Dark hair can be a beautiful combination, particularly once the correct hue has been found. One thing that many blondes even in a lot of brunette or very dark haired girls are that many of them have their natural hair color! Many brunettes don't dye or highlight their dark hair and it remains that perfect rich color.

Color and Makeup

Brunettes are also the hair color that can have such a wide variety of options when it comes to makeup and clothing, depending on the skin tone of the brunette. Light honey highlights can be added to chestnut brown hair for that extra spark. Oftentimes brunette hair looks better without

highlights, especially darker brunettes. Brunettes can also be on two very opposite sides of the spectrum. One can have dark brown to black hair and a creamy white complexion that is highlight beautifully with a red lip. The caramel color brunette with naturally blonde skin can wear dramatic smoky eye makeup, with a nude lip, and look bronzed year round, with out anyone questioning your tanning practices.

Shine On

Black hair is hands-probably the shiniest. Many Asian women are known for the jet-black super shiny thick hair. Diet may have a lot to do with the shine and health of a brunette's hair, but some products can certainly help! For African-American women who struggle with course hair, olive oil conditioners can be a great choice; and that natural tight curl can also be very beautiful. There are various brunette conditioners, products, and shampoos that can make your brown hair shine, but one of the best is Aquage, a convenient spray on shine.

Brunette Tips

Some tips to keep in mind when dying your hair brown, is that rich hue may fade. Choose color enhancing conditioners and weekly treatments that prolongs that pretty brown shine. You can always lighten or darken a brunette color, if considering going black, try a medium to dark brown and go from there. Often times the results still maintain that air of mystery.

John Masters Truly Organic Hair Care

John Masters Organics is the only clean air salon in all of New York City. That says a lot. All of the colors used in the salon are ammonia-free herbal and clay-based products. No other chemical services are offered. The salon is now 100 percent wind energy based.

Services

You can receive haircuts, single process colors, and ammonia-free highlights, all priced at less than 200 dollars. You can also receive a bang trim and blowout. The salon prides itself on its eco-friendly approach to hair care while still providing the client with an upscale look. You can also receive a shiatsu scalp and hair treatment where essential oils are blended into their organic shampoo and conditioner. It is tailored to your needs and includes a neck and scalp massage.

Products

There are 30 products available. They are made from organic ingredients and free-trade agreements are utilized. The Herbal Cider Hair clarifier and color sealer combines rosemary, apple cider vinegar, nettles and lemon to eliminate buildup and restore the appropriate pH level to the scalp. The Honey and Hibiscus hair reconstructor combined with linolenic and hyaluronic acid, what protein and bergamot very dry, damaged hair. The Dry Hair Nourishment and Defrizzer is comprised of 100 percent certified organic and plant essentials designed as a leave-

in treatment for frizzy hair. This contains lavender, jojoba oil, helio-carrot, cedarwood and rosemary.

John Masters

The owner began making organic product 20 years ago, before green meant anything other than money. He wanted to create a luxury line of eco-friendly hair care products. He did just that. He even has a profile for his dog Maya to accompany his hair care line. Guess what else? You can even provide your dog with the luxury hair care experience, with his product Eucalyptus and Tea Tree Dogpoo. It cleanses and gives your dog a shiny coat and wards off fleas and ticks. 1 dollar from each of the doggy hair care products will go to help other dogs and cats find homes. So, not only is John Masters changing the entire hair care experience from renewable energy salons to eco-friendly, organic luxury products to humans. He's now also bringing it to the dogs. Well, I guess they like to be pampered too.

L'Occitane The Best Men's Hair Care Products

L'occitane has very loyal customers. For many, it seems to be what sensitive skin and great hair care consumers have been looking for from many other companies. One of the best things about the high quality line is that it has a men's line that actually appeals to men, from product to packaging. The packaging is welcoming, chic and simple brown and navy blue.

Cade Hair and Body Shower Gel

This fantastically male smelling scent is a perfect on-the-go product. It contains some shea butter for excellent moisture locking benefits. Cade, is an essential oil that is authentic to Provence-derived juniper, sandalwood, Immortelle (a bright yellow flower common to the region, that even when picked, never dies) and rosemary. Cade is purifying and seems to restore energy to the body and mind. A man simply mixes with body and brings it to lather in his hair and rinses.

Eau de Baux Shower Gel

This is another authentic blend gel of fresh cypress and mellow essence, which solidifies the masculine scent. It is also a body gel that is gentle enough to use on hair, but strong enough to truly remove dirt and buildup. Even the manliest of men, who are used to bar soap, cannot get enough of this shower gel.

Ultra Rich Shea Conditioner

This is a unisex product, because the scent is neither masculine nor feminine. It is exactly as it says, very rich. Yet, it is inexpensive, priced at only 17 dollars. This cream nourishes and restructures. It includes lemon tree and shea tree ingredients.

All Cade Shaving Products for Shaved Heads

This is the ideal product line for men who shave their heads. There is the Cade shaving cream that tones the skin to a supple texture with glycerin and shea butter. There is also a shaving gel. The Shaving Gel is designed to soothe razor-burn. It is great for close shaves, such as goatees and sideburns, and especially shaving the delicately scalp. Finally the After Shave Balm quickly absorbs, leaving the head very smooth and reduces redness and any feeling of after shaving tightness. You can also use the Balm at night to moisturize. It can also prevent breakouts and is a favorite among men, as a little goes a long way. Now, not only women can have fun with hair care, men can too!

Morocco Method Vegan Hair Care

Vegans do not consume any type of animal product this includes eggs, cheese, milk, etc. Apparently it is not only what goes inside the Vegan's body that counts, but also what they use in their hair care. Therefore, they need their own Vegan hair care line, and they have it in Morocco Method.

Morocco Method represents 40 years of research and experimentation of good practices for the environment and incorporating Ayurvedic and Chinese herbalism. The owner, Anthony Morocco claims to have perfected a holistic program for healthier and more vibrant hair. All of the products consist of the finest organic materials. The company takes part in fair trade, which typically consists of products created by small producers that practice sustainable, environmental, and family farming manufacturing.

His line consists of the 5 elements shampoos that are supposed to be rotated for the best effect. He stresses that his henna product is the only 100 percent natural way to color and condition your hair at the same time, although true henna can only turn your hair one color naturally, red. The other hennas have to be combined with other coloring products to change the hair color. There is a non-allergenic, non-toxic and non-reactive Euro Organic Oil Conditioner and Moisturizer.

The products seem to be perfect for men, women, babies, and pets and for just about every use. You can use the shampoos to wash your hands, or your baby, or your pet. They are also 100 percent color-safe. They can also be used to remove makeup. It seems to me that this man either created the greatest products on earth, that cure all of your ailments, or it's a great green gimmick. For someone who is Vegan, it might be exactly what they are looking for, as it is gluten-free and cruelty free.

It makes one wonder though if these eco-friendly hair care lines are all that they claim to be. A question one thinks of is if natural is truly better, why are non-organic products even in existence? If these organic products are so powerful and the counterpart to the harmful mainstream products, how can the harmful ones still be on the market? Maybe these products are great, maybe they aren't. I guess the only way to truly know is to try them out and see.

Romantic Hair Care Ideas

So, you never thought hair care could be so sexy, huh? Well, it can be if done right. If you are looking for great romantic ideas that you and your partner, spouse, boyfriend, girlfriend can do, hair care is one of them. The outcome is beneficial to both of you. You have fun with the person you care about, you can become more intimate, and your hair will look great.

Give A Hair Care Gift

For guys, this is a great way to tell your girl you love her. Do it the right way though. If your wife is always telling you she wants to get her hair highlighted or colored, but its just too expensive, surprise her on Christmas, her birthday or another celebration and give her this luxurious gift. If she already has a set hair stylist that you know she thinks does a great job, buy a gift certificate at that salon with that person. If you aren't sure, ask her friends, or someone other than you she may have talked to about this. And when you present it use common sense don't make it seem like she needs to get her hair done; tell her how you remember her saying she wanted to get it done, so you did it for her. She'll love it.

Give Each Other Scalp Massages

You don't have to do it on the same night; you can switch it up, so the person who is receiving it can truly relax. Its recommended that the man does it first, so the woman knows this is a real deal, one she is going to have to follow through on, because you already did. Ask her what her favorite scent is. If you really want to surprise her you can mix olive oil, or jojoba oil with rose, lemon, or lavender to relax. You may want her to use sandalwood for you; it's a masculine scent. Then set the mood, light beeswax, unscented or candles you know she loves, otherwise it will be irritating. Then give her the best scalp massage you can imagine. Be gently and rub her head in circular motions, just use your hands the way you would touch the rest of her body, and play with her hair. It is one of the most relaxing and intimate moments you can share.

Top 5 Hair Care Products From L'Occitane

Have you ever heard of L'Occitane? This is a brand of skin care that is amazing. Even the most sensitive of skin can enjoy the benefits of this brand. L'Occitane en Provence is an authentically French company. The products are still made in Manosque, France and available online and throughout the U.S. They also promote a sustainable development program in Burkina Fasso surrounding the production of shea butter. They offer Braille packaging, and opened an organic Immortelle (the signature anti-aging flower plant in Corsica. Their products and stores are fantastic. They are known for their use of outstanding olive oil and natural ingredient. Their great quality is reflected in many of their hair care products.

1. Citrus Verbena Daily Use Shampoo

This shampoo is under 20 dollars and it smells delicious. The cleansing body soap smells just as good. The shampoo is very gentle and is designed to not irritate the scalp. It is suitable for all hair types and leaves your hair smelling wonderful with a fresh citrus scent.

2. Olive Daily Conditioner

The Olive Oil Daily Conditioner is a very light conditioner. It restores hair to make it shine through outstanding AOC Olive Oil. This is controlled-origin label, that specifies and guarantees that land from which it comes and the expertise of the producer.

3. Olive Paste for Hair

The luxury of this deep conditioner makes your hair feel like it is being wrapped up in a warm security blanket. You can slather on the conditioner, tie back your hair, and heat it for a few minutes with a hair dryer. It contains shea butter, rich olive oil water and a hint of citrus. Putting this on your hair once a week, makes you feel like you are making up for all of the damage you have put your hair through. It is the perfect product for your hair care regimen.

4. Shea Butter Ultra Rich Hair Mask

This mask is heavier than the paste. It is a thick pomade style mask that seems to seal the nourishment back into the hair. You can also use it to tame fly aways on dry hair.

5. Aromachologie Hair Serum

This leave-in hair serum repairs splint ends and leaves an overall shine. It is non-greasy and meant to be applied to the tips of the hair. It also protects from the damaging effects of the environment.

5 Steps For Summer Hair Care

Hair should be altered through the summer in the way you care for it. Hair care is extremely crucial during the summer months. The weather changes, hair can become extremely dry and sources such as chlorinated pool water can cause extremely harmful results to your hair. Here are 5 steps to hair care during the summer.

1. Shield

If going into ocean water often or pool water, you need to shield your hair from the damaging effects of chlorine. You should always lightly wet your hair before you go into water, you can even light wet it with salt water or put a conditioner in your hair before swimming. Tomato juice will remove green from chlorinated hair. Aubrey Organics Swimmers shampoo and Ultra Swimmers Ultra Repair Conditioner are also formulated to remove green.

2. Lighten Up

If you have blonde hair, one of the things you look forward to is the summer, to naturally lighten your hair. Simply place olive oil and lemon into your hair and sit outside. Do this on a regular basis and you will notice your hair is shinier and more manageable. Many people don't like the idea of applying lemon juice to hair as it can be drying. You can use the lemon juice though and combine it with sunscreen for your hair. Then you can give yourself a weekly deep conditioning treatment, to restore the moisture back into your hair. You might need to deep condition twice a week to ensure enough moisture is going into your hair.

3. Block the Sun

Yes, use a sun block on your hair. It is a great way to prevent damage, as well as prevent your scalp from burning. Many product lines offer a sunscreen to protect your hair.

4. Water

Drink water, it is a great way to ensure you are hydrated and a great way to make your hair and skin glow.

5. Treatments

Use a homemade rinse. When using vinegar, combine it with herbs such as lavender, chamomile, lemon balm, lemon verbena, or rose water to eliminate or tone down the vinegar smell. Combine one-cup water and one cup of Apple Cider Vinegar, and 1 handful of mint leaves. Bring all of the ingredients to just a boil, strain and put into a jar. Then simply lather onto your scalp, and throughout your hair and leave it in.

More Great L'Occitane Hair Care Products

L'Occitane hair care is fantastic, and offers a wide array of options for all hair types and budgets. The entire L'occitane line could be your one-stop shop for great hair care. There are products for every day use, as well as weekly treatments. There are also products for baby and men. Most of the hair care products are reasonably priced and vary between 20 and 30 dollars depending on product. The shampoos and conditioners are usually under 20 dollars. Something we could all use right now is certainly a line of hair care products that is committed to not only providing better working conditions for people, but improving the environment, including the best quality of products, and keep it in a less expensive price range for the consumer. Some other product lines could take some hair care advice from L'occitane.

Body and Hair Sublime Oil

This nourishing body and hair oil is intended for summer, or when you will most utilize the sun. You can use it in multiple ways. You can lather your entire body and your hair before you go outdoors to protect against sun damage, salt, and chlorine. After sun exposure it can be used to enhance your tan and preserve a youthful glow. The consumer test results are also impressive:

it enhances the skin with a soft amber tint by 100 percent; the skin's elasticity is preserved and provided with nourishment and long lasting nourishment; and it leaves a protective veil on the hair 97 percent.

Aromachologie Leave-In Hair Mist

This mist instantly shines and provides a leave-in moisturizer. It contains a vegetable complex of angelica, lavender, and tea tree pure essential oils. It also has sunscreens to provide UV protection and provides a manageable tangle-free result. The advice is to even place onto hair to eliminate odors such as cigarette smoke.

Aromachologie Anti-Dandruff

This shampoo is a great option for eliminating dandruff. The ingredients combined are cade, tea tree, lemon, pepper and thyme. It is extremely soothing to very sensitive scalps. You should alternate this shampoo with a regular use shampoo. It removes 80 percent of dandruff and purifies, soothes (96 percent) and balances the scalp (92 percent).

Feel free to visit their website or one of their retail locations throughout the U.S. You certainly won't regret it for your hair care needs.



The Secret to Obtaining Beautiful Skin

By the time you finish reading this page, I guarantee you will be much more educated on how to choose a quality [skin care](#) product which gives you the results you earnestly desire.

Even though I don't know you, I'll bet that if you're like me, you're sick and tired of [skin care](#) products that don't do what they claim to.

The worst part is, it's ironic that often the most expensive [skin care](#) products are the most ineffective. I don't know about you, but I'm quite tired of wasting good money on products which don't deliver what they promise.

Now, of course, there are some good products on the market which can genuinely help make your skin look smoother, more radiant, and youthful. Not only should a [quality skin product](#) help reduce bags under, and [fine lines](#) around, the eyes, it should also even out coloring inconsistencies caused by [age spots](#) and other unwanted pigment concentrations.

Now the problem is that there are literally thousands of products to choose from and unless you become a well-informed consumer, it's hard to find one of the few which actually produces real results and eliminates years of aging from your face and body.

Let's face it, people will understandably spend any amount of money to make themselves look better or younger. Cosmetic surgery is a multi-billion dollar industry as is the topical [skin care](#) industry.

It's simply a law of economics that as demand for such products skyrockets, the more products manufacturers will flood onto the marketplace in order to capitalize on this demand.

A lot of these products are rushed to market to meet demand without any real consideration to

research and development. All of the money goes into marketing – instead of where it should go – making sure the product actually works! On the surface everything looks great. The bottles and jars which the creams come in look appealing. The magazine advertisements are glossy, complete with a youthful looking model or a well-known celebrity who doesn't even use the products.

You can't really blame these companies. (Well, yes you can, I do!) When you are spending a fortune paying for marketing, whether it be on the product containers, magazine, radio, and TV ads, royalties paid to celebrities and models, you have to charge a lot of money for your products or you're going to lose money. And heaven forbid that we actually spend the money necessary to develop a product that works before we worry about taking consumers' hard-earned dollars!

On the other hand, just because most beauty product manufacturers take shortcuts to profit, this doesn't mean you and I have to fall for their marketing schemes. After all, these companies aren't going to encounter any shortage of people who will open their wallets and purses to purchase their products anytime soon. The reality is most people simply won't take any time to research products and understand what ingredients work and what ingredients are actually bad for your skin!

That's why I created this website. So, let's get right into the important stuff you need to learn in order to find the products which actually work.

Ingredients to Avoid

It seems incredible, but many [skin care](#) products are loaded with ingredients which actually harm your skin over time. In this section, we will talk about some of these.

First, mineral oil. I have seen this oil used in literally hundreds of products I've looked at (and some I've purchased). Mineral oil may also go by the names liquid paraffin, paraffin wax, and petrolatum on the product label. Mineral oil is used so pervasively in [skin care](#) products for one reason: it's cheap! (Isn't THAT a shocker?!)

However, mineral oil, once applied, prevents the skin from "breathing." Because of this, it clogs pores, interferes with your skin's natural ability to eliminate toxins, and can lead to [acne](#) flare ups. Also, it is irritating to the skin and if used for any length of time, your skin can become dependent on it, causing chapping and dryness – two of the very things we are looking to combat when we're discussing the quest for youthful-looking skin!

And finally, it can actually lead to exactly what we are all trying to avoid – premature aging of the skin. It's amazing this substance is even allowed in so-called "[skin care](#)" products at all.

Dioxane: (a synthetic derivative of coconut). This substance is widely used in [skincare products](#). It often contains high concentrations of 1,4-dioxane, which is readily absorbed through

the skin. I know this sounds crazy, but 1,4-dioxane is considered a chemical “known to the State of California to cause cancer”. To think people pay money to put this stuff on their skin unknowingly is downright scary.

Fragrances: Who doesn't like to smell nice? Well, I'm here to tell you that if you want to smell nice, use a little bit of perfume or cologne....or some body spray. Your [skin care](#) products should not contain fragrances. Many fragrances are produced from ingredients which are known to be toxic or carcinogenic.

You must remember that your skin is the largest organ of the body. Anything you put on it can be easily absorbed through the pores (which is one reason [Aromatherapy](#) can be so effective!). Now, why would I recommend you use perfume or cologne as a fragrance but to choose a [skin care](#) product without them?

The reason is simple. When you use [skin care](#) products, they are applied all over the face, neck, and body. This covers a lot of surface area and, therefore, a great deal of chemical absorption occurs through the skin's pores.

Now, I'm sure that many colognes and perfumes contain less than desirable substances too, but I'm enough of a realist to know that people aren't going to stop using these products to smell nice. However, with perfumes and colognes, you can achieve what you want by a small dab here and there or even dabbing and spraying on clothing instead of your skin.

So, in my opinion, using perfumes and fragrances is much less harmful than using [skin care](#) products which also contain potentially dangerous fragrance chemicals that are directly applied and massaged into the organ designed as your body's 'protective shell' – the skin.

Parabens: methyl, propyl, butyl, and ethyl paraben. Many [skin care](#) products (and moisturizing products) will use parabens as a preservative to increase the shelf life of the formula. The reason is purely economical (of course). However, studies suggest these preservatives may cause cancer and interfere with the body's endocrine system, as well as causing allergic reactions and skin rashes.

Alcohols: ethanol, ethyl alcohol, methanol, benzyl alcohol, isopropyl alcohol and SD alcohol. Not all alcohols have the same properties, but these, which are commonly found in [skin care](#) products, are very drying and irritating for the skin. Alcohols such as these strip away the skin's natural acid mantle, making you more vulnerable to bacteria, molds and viruses. And these are some of the very same ingredients which marketing campaigns are telling you will 'clear up' problem skin!

Now that we've looked at some of the bad, let's examine some of the good ingredients and some ingredients that sound good but, in fact, aren't.

Ingredients to Look For

Before we have a discussion of specific ingredients, it's important to educate ourselves a little bit more on skin itself and what makes a product good or poor.

The biggest reason our skin, whether on the face or the rest of the body, develops lines and/or starts to sag, is that the collagen and elastin in our skin begins to break down. This is the most technical this page is going to get, so bear with me for just a sentence or two.

Collagen is a protein that is fibrous in nature. What makes collagen different from other kinds of protein is that it possesses great tensile strength, which means, among other things, it provides firmness to the skin.

You don't need to be a scientist to understand that as collagen breaks down due to aging, the firmness of our skin becomes...well, less firm. [Wrinkles](#) appear and skin starts to sag. We see these signs of aging in areas where there is the least collagen, for example, around the eye area where the skin is thinner.

Elastin, too, is a protein that helps skin stay "flexible" and firm. If your skin is stretched, elastin is the protein that helps it return to its original position.

What all of this means for you is that you do not want to purchase a [skin care](#) product that is nothing more than a cream that fills in [fine lines](#) and [wrinkles](#), giving the appearance of temporarily nicer skin when it's on...but the illusion shatters when you wash it off. You want a product which contains ingredients that actually **stimulate new collagen and elastin production** in your skin. If you achieve this, you will, in reality, begin to turn back the clock.

Now, pay attention here because I'm going to share with you something extremely important. Some of the manufacturers of more pricey products will try to dupe the public by including some really good active ingredients. What's wrong with that, you say?

Well, here's the tactic they use. Because these active ingredients are beneficial for the skin, they include some just so that they can legally list them on the product label. This way, the typical consumer thinks they are getting a great product. But, because these ingredients are expensive, and because, as discussed before, a lot of well-known companies are already spending much of their budget on marketing, they don't put in enough of these 'active ingredients' to have any real benefit for your skin.

So, when choosing a [skin care](#) product, it's not just about selecting one with good ingredients; it's also about choosing one with a high concentration of these good ingredients.

Collagen

After my brief discussion about the importance of collagen, you would think that buying a product with collagen in it would be a great thing. And the marketers who sell products which contain collagen know this. But it's a bogus ingredient because collagen molecules are much too large to penetrate into the skin when applied topically.

To be of any benefit, you must purchase a product with ingredients that have been shown to stimulate your body's own collagen production.

Phytessence Wakame

Phytessence Wakame is an exotic kelp, native to the Japanese Sea. It works by blocking a harmful enzyme in your body called hyaluronidase. Hyaluronidase breaks down hyaluronic acid in your skin. You may think "well who cares."

Well, you should, because without hyaluronic acid, the elastin and collagen fibers lose their "glue," which leads to a loss of youthful appearance and dark eye circles.

But don't just take my word for it. If you research this on wikipedia, you will read, for example, "Hyaluronan is also a major component of skin, where it is involved in tissue repair."

Cynergy TK

This is a new exciting, cutting edge substance. Cynergy TK actually stimulates your own collagen to grow again. In fact, it is proven in clinical trials to stimulate not only the **regrowth of collagen** but also **elastin**, thereby promoting firmness and elasticity. In short, fewer wrinkles, and more youthful, healthier looking skin. It may also help improve your skin's ability to retain its needed natural moisture.

Indeed, studies show a sustained 14% improvement in skin moisture retention over 18 days. Studies on Cynergy TK also show a sustained improvement in skin elasticity of 42% over 18 days.

CoQ10

If you look at the ingredient list for some of the better skin care products, you'll often see CoQ10 listed. CoQ10 is short for Coenzyme Q10, so you may also see it listed this way. CoQ10 is a vitamin-like substance that is found in all of our body's cells and is very important for healthy skin.

CoQ10 is a powerful antioxidant. A lot of skin damage and aging comes from free radicals wreaking havoc in our body's cells. CoQ10's antioxidant ability can counter these free radicals before damage occurs.

Unfortunately, like many other vital substances, as we age, the amount of CoQ10 in our bodies becomes depleted.

Although CoQ10 is a great ingredient, not all forms are equal. One in particular stands head and shoulders above the rest. This version of it is called Nano-Lipobelle H-EQ10.

Don't let the name scare you off, though. Here's why it's different. Most of the CoQ10 you buy in a typical [skin care](#) product is not readily usable when applied topically to the skin.

Nano-Lipobelle H-EQ10, on the other hand, is a special 'nano-emulsion' form of CoQ10, which penetrates far down into the skin, thereby providing much greater benefits for skin health. In fact, Nano-Lipobelle H-EQ10 can penetrate down 7 layers deep into the skin.

Because this version of CoQ10 can penetrate so deeply, it is extremely effective at 'gobbling up' [free radicals](#) in your skin. The result is a powerful anti-wrinkle effect.

Nano-Lipobelle can also promote collagen and elastin production.

Together, these three main active ingredients are some of the most powerful anti-aging [skin care](#) compounds available, and can significantly improve the look and feel of your skin.

Where can you find all three of these ingredients in one product line?

The [Xtend-Life Natural Products company](#), that's where. This company is located in New Zealand, but ships products world-wide. I use their products daily.

The company is not a household name. It doesn't have big Hollywood celebrities endorsing their products for even bigger royalties. They don't advertise all over the radio, in magazines, and on TV.

They're one of the few companies that focuses on spending the bulk of their money on the research and production of the absolute best and **most effective** products available, not the best marketing hype.

You can think of them as your "secret weapon" the big companies don't want you to know about.

So, if you truly want to achieve younger-looking, more vibrant skin, I suggest you [visit their site](#) and read about their [skin care](#) philosophy. I think you'll be as impressed as I am. At the very least, you'll learn more about what to look for and what to avoid when it comes to taking care of your precious skin.

Nourish your skin 24 hours a day!

All the products in the [Xtend-Life skincare range](#) are designed to work together in synergy, to feed your skin with essential nutrients day and night. The same key active ingredients are included in all the products, so your skin is continuously nourished 24 hours a day.