

## *Mykal Grant Salon*

*450 E. 17<sup>th</sup> Avenue - PH#3  
Denver, CO 80202  
303-477-1712  
www.mykalgrant.com*

November 2012

Now that we have entered the fall season you may be seeing the adverse effects of summer on your hair. Your hair may be experiencing dryness and breakage. You may be wondering how to minimize this damage. The damage can be minimized with the combination of good hair habits and great products.

It is important to use products and sound hair care practices in your hair care regimen that will replenish oils and moisturize both natural and chemically treated hair.

Thoroughly cleansing the hair is important. However, many cleansing agents strip your hair's natural oils. Mykal Grant Salon recommends limiting shampooing to a maximum of once a week. This process will allow you to cleanse your hair, but this best practice prevents stripping natural oils. It is imperative to use a shampoo that replenishes moisture while cleansing. We highly recommend Design Essentials Moisture Retention shampoo or a sulfate free shampoo like Design Essentials Natural curl cleanser.

You should never skip the conditioning phase after shampooing. However, regular conditioning is not enough. Incorporating a deep conditioning is essential to revitalizing and regaining healthy hair. Take the time to deep condition your hair monthly (more often if your hair is damaged).

If the blow dryer, curling iron or flat iron is a part of your hair care regimen, be sure to always use protective products before styling. Please try to limit the use of these tools to only once per shampoo. Take protecting your hair a step further by selecting styles that minimize the need for heated tools.

Drinking plenty of water everyday, eating the recommended amount of fruits and vegetable and limiting your salt intake will also help maintain healthy, lustrous hair.

Lastly, but never the least, make weekly or bimonthly appointments with your Mykal Grant stylist in order to maintain your color, cut, and style

*Inner Beauty is Magnified when Outer Beauty is Present*