

ask jacquie

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HAIR

Why does my hair tangle so much, and what can I do to help?

It's crazy, but believe it or not, fine hair tangles more than thick hair, curly hair tangles more than straight hair, and damaged hair tangles most of all. Instead of the hair cuticles lying flat, they lift up and interlock with the hairs next to them (similar to Velcro®). You should never tug at your tangles no matter how frustrating they are. After shampooing, apply plenty of conditioner, then gently ease them apart. Work

from the ends up with a wide toothcomb or your fingers. Be patient and gentle, and you will work the tangles out. If your hair is really susceptible to tangles, try to work in midday and late afternoon brushings to help prevent tangling. Also, be sure to brush your hair before bedtime; and if your hair is long, pull it back in a loose ponytail when you're ready for sleep.

I am a swimmer, and the chlorine in the pool is taking a toll on my hair. What can I do?

Chlorine is one of those necessary evils found in swimming pools. While it helps protect us from germs and bacteria that may be in the water, it can also cause hair to

become dry and damaged. The first thing you can do is get your hair

wet with non-chlorinated water *before* jumping into the pool. Hair is porous and acts like a sponge and therefore can only absorb so much water. By wetting your hair before jumping in, it won't be able to absorb much of the chlorinated water. You can also apply conditioner to your hair before your swim. The conditioner will act as a barrier between your hair and the chlorine and also prevent the chlorinated water from penetrating into your hair shafts. Be sure to rinse your hair every time you get out of the pool. This will help remove the chlorine and keep your hair saturated with good water between swims. And as soon as you are done swimming for the day, hit the showers and shampoo and condition right away. These few tips should help keep your hair protected and looking healthy.



If you have questions, please email me at: askjacquie@herbalife.com

