

Getting Spring-Ready Hair

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With winter slowly dwindling away, it's high time to start pulling out the floral prints, pastel blouses and strappy sandals. It's also time to release your hair from the dry, damaging winter weather and start prepping for spring. Our hair needs just as much updating and care as our wardrobe each season and between winter and spring is when it needs the most maintenance.



Cleansing and Clarifying

Like many of us, odds are the winter frost has forced your hair under a warm hat or up in a ponytail. The first step is getting your hair back into shape.

Starting with a great revitalizing shampoo and conditioner is a basic first step in restoring the health of your hair. What it needs now is damage control and moisture. "Everybody knows the benefits of shampooing and conditioning daily, as it's the primary and most simple way to healthy-looking hair and scalp," Elizabeth Phillips, Trichologist with Philip Kingsley, says. "Maintaining a healthy scalp will always improve the condition of your hair."

Just like you cleanse your face daily, it's important you give your scalp the same treatment. Switch up the shampoo and conditioning products you used during the winter months in favor of more revitalizing products like the Philip Kingsley award-winning Flaky Itchy Scalp Shampoo.

Phillips says, "It was created for none other than Sir Laurence Olivier. Based on extensive research it provides an advanced formulation for relieving and controlling flaking and/or itchy scalps."

Since the winter months have no doubt left your ends fried and your hair lackluster, start doing weekly deep conditioning treatments. Try out different products to see what works best for your hair type, keeping in mind whether you have straight, curly, color-treated or especially oily hair. Deep conditioners, used only once a week or as suggested by the individual products, get life and moisture back into your hair for that bounce and shine it desperately craves.



Trying a New Look

This season is all about bright, attention-grabbing looks. So if you've been wanting to try things out a fiery redhead, go for it! If you've admired Michelle Williams' cropped cut, take the plunge and try your own version.

"What better time is there than spring to give your hair a vital boost?" Phillips says. "Styling and vitality are not necessarily complementary, but if a certain style and color pleases you, then your morale is likewise boosted."

Just like you, your hair has been cooped up this winter waiting for warmer weather to show off. Don't be afraid to try some of the season's trendiest looks like blunt bangs and choppy layers. The key is finding a look that you not only love, but that compliments your face shape and complexion.

Head to your hairstylist and describe the kind of look you're interested in and ask her to adapt it to your individual look. Make sure you go to someone you trust, especially if you're going for a big change.

If you're not quite ready to leap into a whole new look, at the very least head over to your favorite salon for little trim to take of any split ends and breakage which will give your hair new life and vitality.

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The important thing to remember is spring is the ultimate fresh start, so take full advantage of that and treat your hair with as much care as you treat your style. The compliments you receive will be well worth all the hard work.