

# MANIAC

## Five Tips for Summer Hair Rehab



by Rachel Sanzone — 01/25/2014 in Beauty

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It's the time of year again for us beauty Maniacs. Summer is slowly fading as is our hair color. The mermaid waves we have worn all summer are starting to look more like hobo

and less like boho. The chlorine has damaged our once beautiful blonde, brunette and redhead colors and now we are left with a longing for shiny, healthy hair. With less trips to our stylists in the summer because we figured our hair would turn into frizzy, brassy mop-tops anyway, we are in need of major hair rehab. Have no fear. The Doctor is in.

Your first step to a solution is admitting you have a problem. Don't be shy. The summer heat, saltwater and chlorine are all culprits if your hair is dry. It's important to put the moisture back in. We may have given our tresses a break with heat tools but we damaged it with so many other things. Try to use a shampoo that is not only moisturizing but also organic. Products with a balanced pH will help get your hair ready for fall in no time.

Oil is your hair's best friend. Gross, right? Wrong. Oil is an angel if you have dry hair. You know how beautiful your hair looks when you leave the salon? It's smooth and shiny and smells delicious? Yeah. That's because I bet your stylist used styling oil. Be careful though. Although oils may be amazing for over-processed textures, it may not be the best for fine hair. Use in accordance with your type.

If you're a brunette and your hair has gone from fab to drab because of chlorine, consider a gloss. Glaze refreshers add shine back to hair. Green doesn't look good on blondes. Blonde hair that is. Add a scoop of baking soda to your shampoo. It helps eliminate chlorine build-up. Blondes also tend to get brassy. Neutralize it with a violet shampoo. It counteracts the yellow.

Lastly, I didn't forget the redheads. The summer sun fades red so use a red glaze as well as a red enhancing shampoo. It's tough for dyed redheads because the molecule is the largest and is hard to keep around. These will help with longevity. Summer lovin' may have been a blast but it was brutal on our hair. Hopefully these quick tips help you get your mane ready for fall. The one thing that never goes out of style is a fabulous hair day.



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**Rachel Sanzone**

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