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Hair Us Out

Is your hair thinning or weakening? Turning gray? Don't let your hair age you!

Today's society may be obsessed with keeping our faces young, but what's a young-looking face when your hair shouts your age to the world? Hit 30 and your hair starts aging—it gets thinner, weaker and for some of us, starts to turn gray. When you add our daily rituals (hair dryers, flat irons, curling irons) on top of that and throw in a chemical process or two, well, we're just torturing our poor hair—which can speed up the aging process.

Fortunately, there are small steps (and some drastic ones) you can take to help reverse and prevent "old lady" hair.

How Does Bad Hair Happen?

You know how the system works: you submit your hair to daily heat damage, lack of moisture, and even poor products because of one factor—convenience. And that's fine—IF you protect your hair with a product specifically designed for heat defense. That way, not only will the heat damage be minimized, but most salon-grade products actually benefit your hair's health by working with whatever heat tool you chose to use.

Ready for the Plunge?

—If you're ready to cut your long hair, Jill Kohler, president of Scottsdale's Kohler Academy, says most hair-attached women should not go above the shoulders. And that's fine! Talk to your stylist (and trust your stylist) to find a new look that you will love.

—A small trim simply won't get the job done. If you want to restore your hair, consider trimming it more frequently to restore it back to a moisture-rich health.

—Your hair is part of your overall look and can make you feel beautiful, so don't do anything (cut or color) you know you won't be comfortable with even if your stylist says otherwise because, well, they don't have to live with it!