



OOOO Baby, it's Cold Outside....



culprit is cold air, which holds less moisture than warm air.

Low humidity and central heating, which make already dry air even drier. The result: Your skin becomes rough, flaky, and itchy.

It's not just a matter of comfort or appearance. Dryness can also leave you vulnerable to a host of potentially dangerous infections and injuries and making existing problems (like eczema and psoriasis) much worse. These simple tips for soothing skin can help you survive the season.

Drying Conditions Ahead

Forget blizzard warnings: Winter should come with another advisory--drying conditions ahead. The main

Keep Hair Hydrated

Moisture conducts electricity, so low humidity and temperatures leave hair prone to static cling. This increases fivefold for every 10-degree drop in the mercury.

Oil production in the scalp also declines with each passing decade, making frizz and fly-aways more likely.

Keep your hair hydrated with Paul Mitchell's Awapuhi Moisture Mist. You can get the product in either spray or aerosol form.

In this issue:

Drying Conditions Ahead	1
Keep Hair Hydrated	1
Quench Dry Skin	2
Keep it Healthy	

Hair Tips

- Dryness can make existing skin and hair problems worse
- The dryer and colder the air is, the more hair is prone to static cling
- Place your bottle of lotion in a sink with hot water to boost absorption into the skin

Quench Dry Skin

To stay hydrated, the skin pulls moisture out of the air--a problem in the winter, when humidity plummets.

Making matters worse, production of skin's natural moisturizers dips with age. What's more, as skin turnover slows, the dry surface cells have a harder time sloughing off--hence the flakiness. The final insult: Some health conditions that become increasingly common as you get older (including diabetes, high blood pressure, and thyroid disorders) are associated with dryness.

Take short showers (no more than 10 minutes) and use warm water. Hot water might feel good on a cold morning, but it strips skin of its natural oils, leaving it dehydrated and itchy.

Use creamy cleansers. Opt for mild face and body washes, such as the Graham Webb Back to Basics Shower Gels and Body lotions. Moisturize. Slather on a rich moisturizer post shower, pat skin dry and apply lotion to better trap and lock moisture into skin. To boost absorption, warm your bottle of lotion in a sink of hot water while you shower.

Moisturize again before bed. Hydrating skin at least twice a day is ideal--after a morning shower or bath and then right before turning in for the night. There's a slight elevation in body temperature while I'm sleeping, so lotions seem to seep into my skin better. Slip into gloves and socks at night.

Dampen hands and feet, slather on your lotion, and wear cotton gloves and socks for a few hours or to bed--they'll block evaporation and help the cream penetrate more effectively.

Keep it Healthy

Shampoo every 2 or 3 days, if you can. Daily washing depletes natural oils; but, it also means you're more likely to use high heat styling tools like flat irons and dryers.

Consider your shampoos & conditioners before you wash. Coat dry hair with a deep conditioner such as Paul Mitchell Super Charged Moisturizer, for as long as an hour to trap moisture in the hair. (Wearing a shower cap makes it less

messy; wrapping a warm towel over the cap helps the conditioner penetrate the cuticle, the hair's outer layer.) Do this once a week for finer hair and up to twice weekly if hair is coarse or colored with permanent dye, which is more prone to dryness, to give strands shine and elasticity.

Pick the right brush. Thermal brushes can cut down on your blow dry time and act as a curling iron, reducing the time you need with the higher heat

styling tools.

Avoid styling products with high levels of alcohol. These include many gels and mousses. ALL Styling aids need some alcohol so they can dry properly. Alcohol just does not need to be 95% of the ingredients.

Better options: styling creams packed with emollients and essential oils to add shine and texture without drying out hair.



Would you like to have this newsletter delivered to your inbox? Send a message to haicare-rx4u@larryshair.com. Place Subscribe in the subject line, and place your first and last name, city, state, and zip in the body of the e-mail. Or, go to www.larryshair.com and click on the Newsletter tab. Enter your information in the boxes provided and click "Submit". You will begin receiving the newsletter beginning with the next issue.

Privacy Policy:

It is not the policy of Larry's Hair Designers to give out or sell your personal information to anyone for any reason. You will never receive unwanted e-mails from Larry's Hair Designers or any of our vendors. Your privacy and satisfaction is the most important thing to us.

Larry's Hair Designers

12460 Dillingham Square
Woodbridge, Va. 22192

Tel: (703) 491-4247
Tel: (703) 491-2000el: (703) 494-4881
Metro: (703) 551-0609
E-mail: Ufirst@larryshair.com
Web: www.larryshair.com

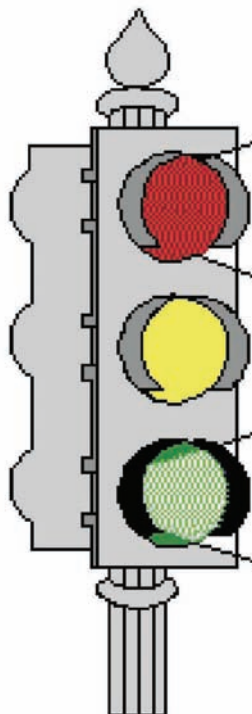


Larry's Hair Designers is a full service family salon, located in the Festival at Old Bridge Shopping Center in Woodbridge, VA.

We've been serving the Woodbridge community since March 27th, 1990. We've got the best stylists in town!

"We cut, shape, and design to the desires of the individual. Customer satisfaction is our goal. When our customers look good, so do we. Every client is our walking advertisement."

...Larry Housden, Owner and Master Barber



Stop

In and purchase

1

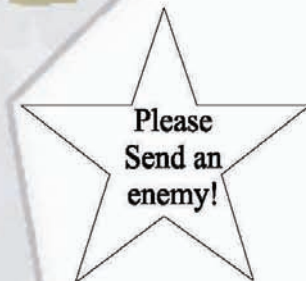
Paul Mitchell Product

Get the 2nd

Paul Mitchell Product

Half Off

9AM-11AM-OR-7PM-9PM, Hair Cuts = \$14, save \$7
and receive a Hand & Body Lotion **FREE**.
Blow Dry / Style extra, With Ad Only
& With Barbara, Danielle, Larry, Lisa, Nicole & Snow ONLY.



HERE'S TO A HAPPY NEW YEAR AND A
**BEAUTIFUL
NEW YOU**

It's our Thank Your Customers month, so The message is simple:
I just want to let you know how much I appreciate your patronage
and look forward to seeing you in the salon this year.

Thank you for your business and for putting your confidence in us.