

While springtime can bring beautiful flowers and 70 degree weather, it is also the season for flyaway and frizzy hair.

These are some tips on dealing with spring weathers' most maddening effects on your hair.

March Hair Madness:

Humidity: Spring influx of humid weather leaves hair flat and squelches even the most zealous efforts at styling. No matter what natural texture your hair has, this isn't the time of year to force your tresses into an unnatural style. If your hair is curly, find a "do" that embraces your curls. If you have straighter hair that tends to curl up in humid weather, incorporate loose, light curls into your style.

Wind: Strong winds do shake the pretty pedals loose, not to mention creating some massive flyaways. Windy gusts grab at split ends and create the static look and the course or damaged hair has it worse. Windy times call for hair accessories like headbands and cute clips which are great for keeping your style.

Moisture: April showers can bring more than May flowers, they also add constantly changing moisture levels in the air. That can be a problem because frizz is caused by hair trying to soak in the moisture from the air. Chances are you will end up with a frizz problem at some point during springtime shifts in the weather.

If you find that blow-drying makes your hair look frizzier, gently blot it dry with a towel instead—but don't rub. Rubbing your hair dry can cause further breakage on already weak strands, increasing your chances of frizz. After you've towel blotted, apply *ALTERNA CAVIAR Rapid Repair Spray*, and comb it through so the product is evenly distributed throughout the hair. It is my favorite product for silky, shiny hair.

Heat: Springs' refreshing weather can also be cleverly disguised as a cause for hair havoc. This is because hot hair opens the hair cuticle, which can lead to split ends, breakage, and gives a duller hair color appearance. To beat the heat, give your hair a blast of cool air using the cool setting on your hair dryer when you're almost finished blow-drying your hair. Cool air closes the hair cuticle and seals in the moisture.