

HEADS UP on HAIRSTYLING for WEATHER

For your wedding day you have a dream hairstyle in mind but if the weather doesn't cooperate it could turn into a mess. A good plan is to create a hairstyle that can work with the weather of the day and also compliment your wedding style.

Dry and Cold Weather

Concerns: dry, staticky hair

What to do: This time of year a moisturizing shampoo and conditioner are vital parts of your routine. The cold weather robs your hair of moisture, so be aware of too much blow drying and over use of other heat styling instruments (like flat irons, rollers, curling irons) The very dry, over processed ends are much more likely to invite even more static. Keeping your ends trimmed and using a deep conditioning treatment once a week are two of your best defenses!

Wedding Day: If your hair is extremely dry, a small amount of leave-in conditioner will be helpful. Prepare your hair with heat-protecting crème before you blow-dry (these products are applied about 2 inches off your scalp to the ends of your hair) Use styling products that do not contain alcohol and finish your style with a light shine spray for a healthy polished look.

Damp and Humid Weather

Concerns: out of control frizz

What to do: This is a good time to realize that curly hair will not remain straight under these conditions. Work with the texture of hair you have and you will be much happier. Curly hair should always be treated with a frizz-fighting serum. Combing the serum through wet hair assures an even distribution, but you may need to reapply to some areas after your hair is dry. The frizziness is caused by your hair trying to grab moisture from the air. The more damaged your hair cuticles are, the bigger the frizz.

Wedding Day: After shampooing, gently blot your hair dry with a towel and avoid rubbing your hair with the towel (rubbing increases frizz) Apply your frizz control serum to your damp hair and comb through evenly. Air drying will give you best results and keep some pomade with you for smoothing down fly a ways during the day.

Hot and Dry Weather

Concerns: dull, damaged dry hair

What to do: Deep conditioning once a week has to be a part of your routine. If your hair has a tendency to look greasy, apply your conditioners off the scalp and make sure the focus of the moisture treatment is on the ends of your hair. Clear cellophane glossing is a great way to shine up dull hair. Try to air dry when ever possible, dry heat will only worsen the dull

appearance of damaged or split ends and a trim is your best solution.

Wedding Day: Prepare your hair with protective serums and shine sprays to help with the heat of blow dryers and curling irons. For an outdoor wedding create a hairstyle with an updo in mind, this will work best for not only the bride but also the bridesmaids.

---- **Mary Hargrove**