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HEALTH

EVERYTHING YOU NEED TO KNOW ABOUT HAIR

Whether you want Rapunzel locks, a shaggy mop, or a buzz cut, you might spend a lot of time thinking about how your hair looks—but less time thinking about its health. Learning how to keep your tresses and scalp as healthy as possible can help you achieve the style of your dreams.

By CHAVA PEARL LANSKY

HAIR

QUIZ

1. TRUE OR FALSE? Cheap shampoos do basically the same thing as expensive ones.
True! The kind of shampoo you can buy in a drugstore will likely work just as well as more expensive brands. Finding the right shampoo for your hair type is more important than spending a lot of money.

2. TRUE OR FALSE? Your hair is alive.
False! Hair grows from your scalp. Once the strands reach the surface of your scalp, the hair is dead. That's why it doesn't hurt when you get it cut!

When Should You Wash?

Your scalp contains glands that produce oil. Over-washing your hair can get rid of too many of these oils, damaging your hair.

IF YOUR HAIR IS . . .	YOU SHOULD WASH IT . . .
thin or fine	every one to two days
somewhat coarse	every two to four days
coarse or thick	once a week
tightly coiled	at least twice a month

IT'S NORMAL TO LOSE
50-100 HAIRS
EACH DAY

THE DEAL WITH DANDRUFF

Have you ever found yourself brushing white flakes off your shoulders? This might mean you have dandruff. Dandruff can be caused by a type of yeast found on the skin or by overactive oil glands. It's more common in your teenage years, when high hormone levels can lead to excess oil production. Cold, dry winter weather and stress can also make dandruff worse. While dandruff can be embarrassing, the good news is that it's not contagious—and it's extremely treatable. Look for a shampoo with one of the following active ingredients: *selenium sulfide 1 percent, zinc pyrithione, tar, or ketoconazole.* If your dandruff doesn't get better after 4 to 6 weeks, try switching to a shampoo with a different active ingredient. If shampoos don't work, or if you have red, crusty, or raw areas on your scalp, tell an adult and make an appointment to see a dermatologist.

THE TRUTH ABOUT TRIMS

How often you should cut your hair depends on its texture and the style you want. Here are some guidelines.

- Short hair or bangs might need a trim every 2-4 weeks. Long, curly, or coily hair can wait 10 weeks to six months.
- Split ends (when the tips break) can be a sign it's time for a trim.
- If you're growing out your hair, trim it a quarter to a half inch about every 12 weeks.
- If you often use heat (like a blow dryer) or chemical treatments (like straighteners or dyes), your hair might require more frequent trims.

Illustrations by JULIETTE TOMA

SOURCE: www.aad.org, www.hair.org

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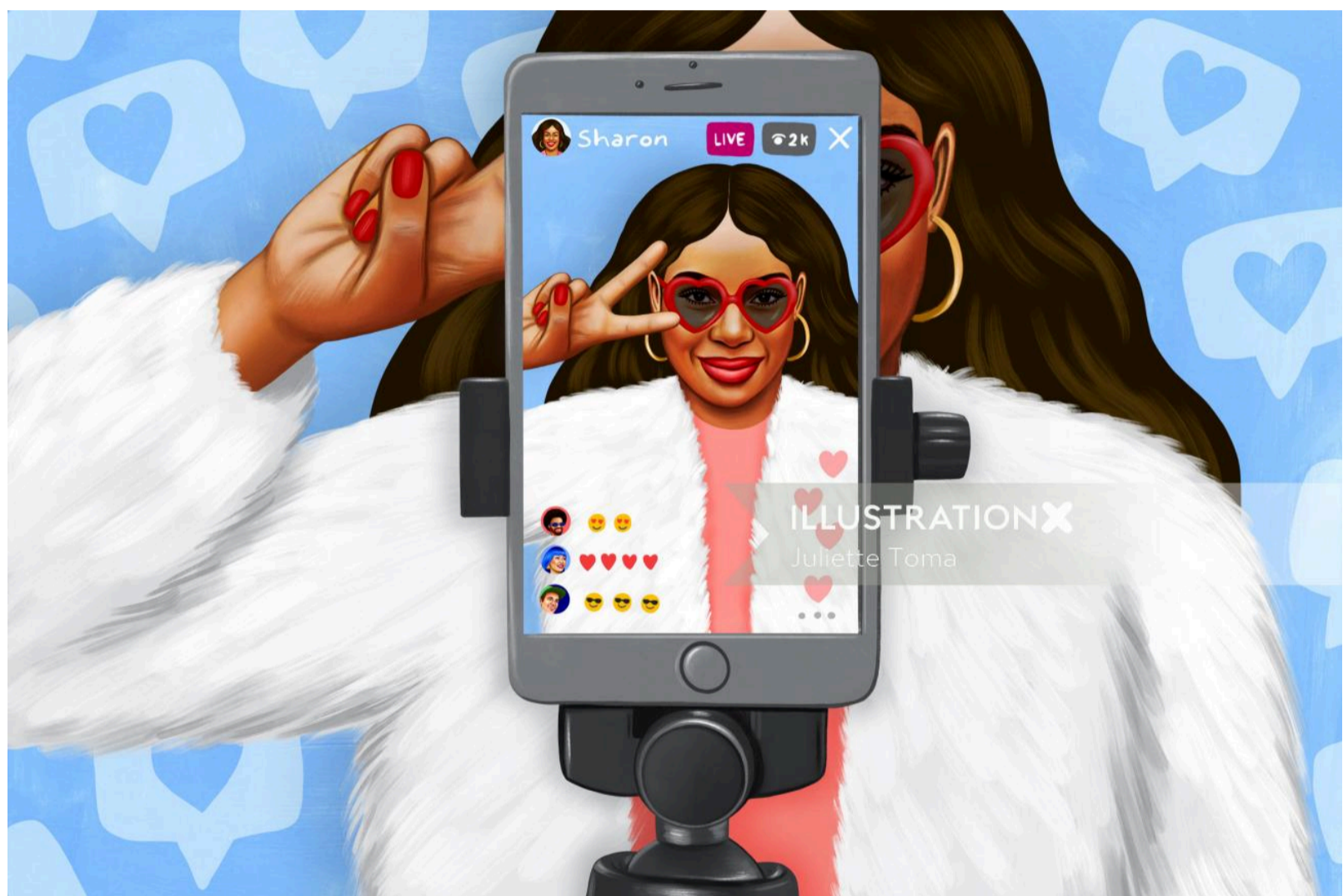
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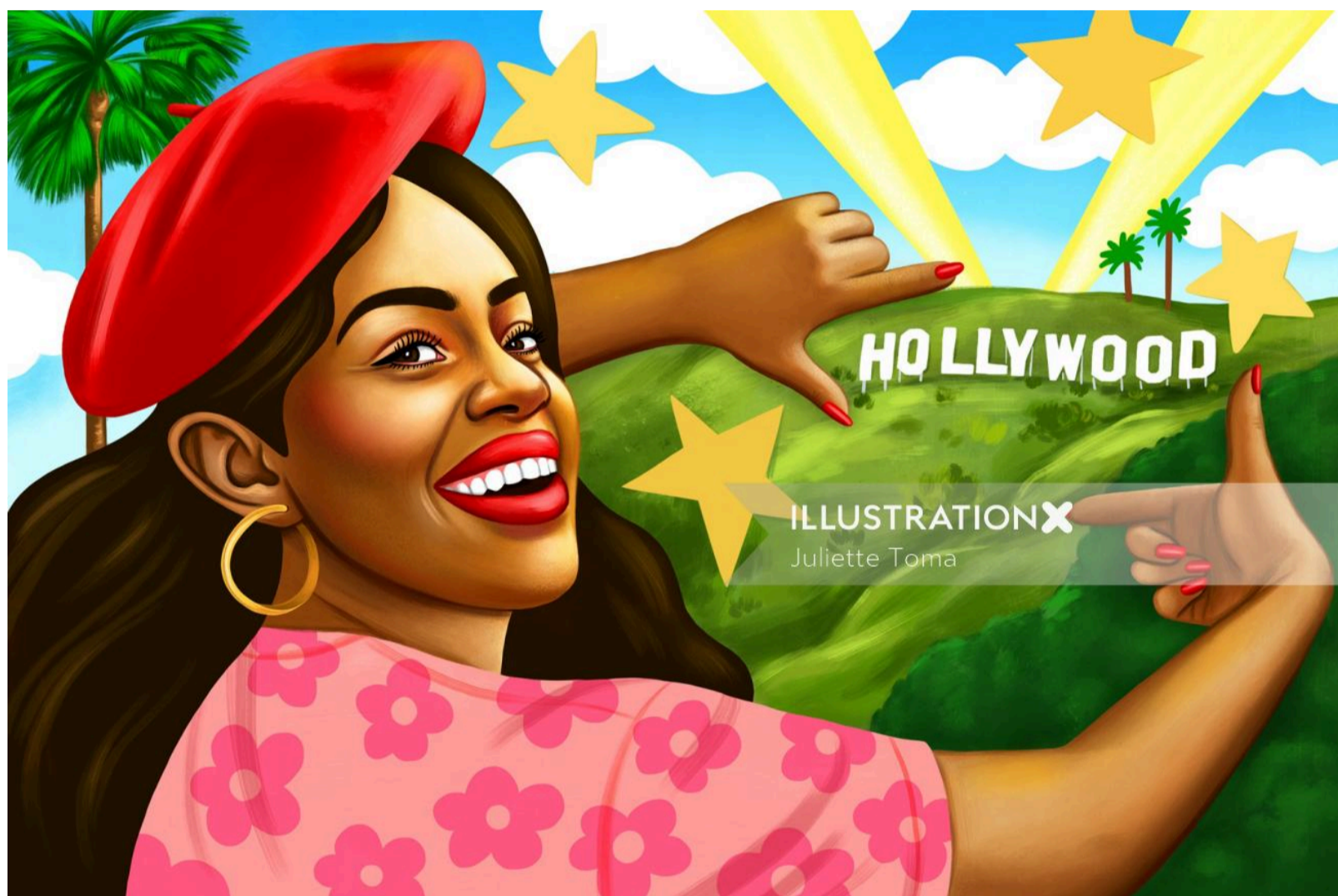
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