

Chatelaine

APRIL 2010

CRISP HEARTY SALADS

SLIMMING SECRETS

- * Nix emotional eating
- * Flat tummy, no gym
- * Feel full longer

ONE FAB IDEA

9 NEW LOOKS FOR ANY ROOM!

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Clothes that perfect your shape



MAN POWER
IT PAYS TO SHOP LIKE A GUY

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\$3.99
DISPLAY UNTIL APRIL 5, 2010

CITRUS & GREENS WITH PORK TENDERLOIN
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TASTE OF
SPRING
31 FRESH RECIPES

Easy Easter Brunch & Simple Suppers



1

Head & Shoulders Restoring Shine Shampoo fights flakes and adds lustre. **\$6 (420 mL).**

START AT THE SCALP

“Flaking, itchiness and redness could be signs that your scalp is in a state of disrepair,” says Jensen Yeung, medical director of dermatology at Women’s College Hospital in Toronto. You can usually treat dandruff with an over-the-counter shampoo. But other circumstances can also cause flaking, including sensitivity to hair products and skin conditions such as psoriasis or eczema, says Dr. Yeung. So if the shampoo doesn’t work, you may need a prescription for a topical steroid or antifungal product. “There’s no cure for dandruff: You can treat your current episode, but it won’t prevent further flaking,” says Dr. Yeung. To keep it under control, he recommends adding an over-the-counter dandruff product to your hair-care routine.

HAIR REHAB

Banish bad-hair days with these expert tips to healthy, shiny locks. **by Jen O’Brien**

GET A QUICK FIX

Choose products that are formulated for your hair type. Naturally curly hair tends to be dry, says Susan Boccia, national trainer with Schwarzkopf Professional in Toronto, so it should be treated with moisturizing products.

If you have fine hair, look for ingredients that add volume and strengthen without weighing hair down, such as bamboo extract. Product buildup is more common when you have thick hair, says Larivée, so use a clarifying shampoo weekly, as well as a moisture-rich serum. For a colour-treated coif, pick products with colour stabilizers to help seal the cuticle shut and prevent fading.

3



John Frieda Root Awakening Strength Restoring Smoothing Lotion contains eucalyptus to style and strengthen. **\$11 (118 mL).**



Aveeno Positively Nourishing Revitalize Shampoo fortifies hair with a wheat complex. **\$9 (310 mL).**

ASSESS THE DAMAGE

“You need to analyze your hair,” says Alain Larivée, Canadian creative consultant for John Frieda. Start with an elasticity test by pulling on an individual hair: “If it breaks immediately, that’s an indication that your hair is damaged,” says Larivée. He also recommends examining its appearance and texture — unhealthy hair looks flat and drab.

2

PHOTOGRAPH: MODEL, FIRSTVIEW; HEAD AND SHOULDERS, IVAN ENGLER; LEAVES, ISTOCKPHOTO



Ojon Restorative Hair Treatment treats dry scalps and locks with Ojon palm-nut oil. **\$65 (150 mL).**

4

TREAT YOURSELF

To revive your hair, try a conditioning treatment. “Just like shampoo, these products are designed to target each hair challenge,” explains Boccia. Dry, frizzy, uncontrollable hair needs a moisturizing mask, while damaged, colour-treated or chemically processed locks benefit from repairing and strengthening formulas. To avoid weighing down fine hair, Boccia says, “treat the mid-length and ends, avoiding the scalp.”



Schwarzkopf Professional BC Hairtherapy's Repair Rescue Sealed Ends seals hair cuticles. **\$18 (75 mL).** **Hair & Scalp Deep Cleansing Pre-Shampoo** gently tones the scalp. **\$16 (200 mL).**

5

AVOID THE HEAT

If you can't live without your curling iron, blow-dryer or flat iron, Boccia says, a thermal-protection product is a must. “Hot tools can damage the hair's structure, so take a break from heat styling every once in a while,” she recommends. As the weather gets warmer, let your hair air-dry and go natural. “If your hair is long, tie it in a braid. If you have a short cut, style with sculpting products,” says Larivée.