

Hair ages too!

When we think about anti-aging we always think about our skin, but did you know that your hair ages too? These hair nutrient superstars will help slow down the hair aging process from the inside out!

Avocados - Do you need another reason to eat avocados besides they're delicious? New studies show that avocado oil seems to assist with the absorption of carotenoid antioxidants like beta-carotene.

Greek Yogurt - It's high in hair-building protein, vitamin B5 and vitamin D. Emerging research links vitamin D and hair follicle health.

Carrots - Take a cue from Bugs Bunny and eat LOTS of carrots as they are brilliant for building healthy hair. They are packed with carotene which turns into vitamin A for cell repair.

Regular treatments, haircuts (or trim) and using professional hair care products will help keep your hair looking fabulous on the outside too!

For more information call us at 945-1188 or come in for a free consultation with one of our stylists to discuss your hair's health.

