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*Dr. Lanalee
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OB/GYN WHO LEADS BY
EXAMPLE: HEALTHY
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HAIR DO'S & DON'TS

by **beth blair**

Now that the New Year has officially kicked off, why not add one more resolution to your list—have great hair this year. We turned to the experts for their insight and advice on perfecting the perfect locks this year. It turns out that there are a lot of do's and don'ts that we all can benefit from, and you might be surprised to find there are even foods that can guarantee great hair.

shine," he says. As for whole grains, "Not only do whole grains contain Vitamin B which, as mentioned above, promotes overall hair health, but they also supply the body with zinc and iron, two key minerals that aid in regrowth and repair of hair follicles."

"Your hair is the one accessory that you have with you all the time. It does not matter how new or expensive your dress or jewelry might be. If your hair doesn't look great, nobody notices the dress. Do yourself a favor—always have a great color and cut—you will always get a second look, no matter what you wear."

~ Mary Bruggeman,
Generations, A Hair Salon

Don't choose the wrong extensions

Hair extensions have been a growing trend for some time but we discovered that not all extensions are the same. Rolando Cevallos shares, "Hair extensions are beautiful, giving wonderful confidence to a women's overall image. But many women make the mistake in selecting hair extensions that can cause major damage, specifically

Do trust the experts

To start, Rolando Cevallos of Paris Salon in St. James, New York, says to go easy on products and trust the experts. "Overuse of hair products can result in lifeless and dull hair and can cause more damage than good. A good stylist who cuts and colors your hair is in tune with your 'head' and is the best professional to give recommendations for shampoos, gels, hair spray, conditioners and the best brush to use on your hair. Many women make the mistake of buying hair products that can literally strip color or dry the ends out. Overuse creates more damage so remember to listen carefully to how to use products and which ones to buy from your stylist and not a television commercial."

Celebrity hairstylist Rochelle Mosley also suggests minimizing your shampooing to only a few times a week. "Shampooing every day is completely unnecessary and can dry out your hair," she says.

Do eat well

Dr. Jeff Donovan, M.D., a hair loss specialist for Hair Club, explains that the nutrients you ingest will be reflected in your hair. Dr. Donovan explains, "Spinach and broccoli help to produce sebum, an oily substance secreted by glands attached to the hair follicle. Sebum conditions and moisturizes hair, helping to prevent it from drying out." He also says low-fat dairy products are ideal for increasing calcium intake which in turn helps repair worn-out and damaged locks. "Legumes are packed with a B-vitamin called biotin. Peanuts and beans help combat and prevent brittle hair by increasing its elasticity and promoting thickness and

breakage, during and after extensions are removed. Invest in real hair extensions that use micro cylinders. The beauty of this type of extension is that they lay flat against your scalp resulting in no lumpiness. This type of hair extension can be easily colored. Remember to use a sulfate-free shampoo."

Do keep up with what's hot

Unlike the 1980s hair trends, today's styles can be subtle. Paganant recruiter and brand strategist Shekinah Moneé says hair trends this year will be "big loose curls, high buns, ponytails and lots of color." Jeffrey Mayo, Eufora International Global Educator and Stylist, says the perfect side part is another hot 2013 trend but this look can also enhance our attractiveness. Mayo reveals, "Everyone has a strong and a weak side of their face. To find it, hold up a piece of printer paper to one side of the face. Notice one side droops slightly more than the other. The heavier side of the side part should always go against the weaker side of the face. Once the side is chosen, to make a perfect side part, try combing from the outside corner of the eye in the front, to the middle center in the back to ensure symmetry in the hairstyle."

Thanks to our experts, good hair may be one resolution that's going to be pretty easy to accomplish this year. ■

Sources: Mary Bruggeman, parissalonny.com, shekinahmonee.com, eufora.net, askrochellemosley.com and hairclub.com.