

# PEACE

## A HAIR PIECE

Clearly Britney buzzed her head because of bigger issues, but don't you sometimes feel that a flattop would alleviate all your hair woes? Well, we feel the same way. It's why we have hats and caps in every color and style. "Great hat!" "Thanks ... *bad hair!*"

**SOME DAYS ARE** just destined to be "bad hair days" (especially in our beloved Texas weather), but we're learning that it doesn't have to be this way. Seriously. Beauty guru **Christi Harris** has preached her hair-gospel and made believers out of us—likely her most skeptical

wave. We own every hair product made ... one to straighten, one to curl, one to lift, one to settle down, one to shine, one to set. Yeah, you too? We're all beautiful-hair wannabes—junkies of sorts. The problem is always the same. If our hair feels yummy, it falls flat before lunch. To hold its style, it has to feel like horse feed. We're about to free you of your hair woes right here and now. And before you raise a skeptical eyebrow (perfectly arched, groomed and set, of course), understand that we will explain the *science* behind the success!

Hair is composed of protein—80 percent protein; makes some sense that hair products should be protein-based to be effective, yes? Here's the problem. Mass marketing programs "sell" the whole *moisture* thing. Moisture is good ... as long as it's balanced in a system that includes protein. Hair that is limp and lifeless is likely being weighted by too much moisture. Moisture in and of itself cannot penetrate the cuticle of the hair shaft. It remains on the surface, not only *not* nourishing the hair but also preventing other nutrients from penetrating the shaft. By adding protein to your hair-care regime, you can dramatically improve the health of your hair while reducing the over-moisturizing that's happening in showers all over town! More simply stated ... *balance* beautifies.

subjects ever, for we are (as an occupational hazard) a bit beauty product overexposed. Here's the thing. We color. We highlight. We blow dry. We curl and flatiron and hot roller. We pull and tug and straighten and

# HAIR'S WHAT YOU NEED TO KNOW:

Hair care is not one dimensional.

## DAILY



For daily cleansing, use a protein-based nourishing shampoo designed to cleanse without stripping hair of essential, naturally occurring oils and moisture. The idea is to cleanse the scalp—clean hair will follow.



Follow this gentle cleansing with a lightweight **conditioning activator**. Preferably oil-free, this daily hydrator should supply moisture in perfect proportion as to not weigh hair down, but make it more manageable and style-friendly.



To keep the perfect coif, use a lightweight, heat-activated, versatile styling aid. The formula should provide root-lift, volume, body, fullness and hold. A good styling aid will never flake, dull or leave your locks feeling sticky, greasy or overworked, but rather provide all the benefits—including restyling for those of you who do not shampoo daily—of a fresh, "just stepped out of the salon" look and feel.



Try a leave-in conditioner for optimally healthy locks. The formula should be weightless, leaving hair touchable, naturally shiny, and protected from the color-robbing rays of our Texas sun.

## WEEKLY

Once a week or so, depending on how often you shampoo and style your hair, at enormous benefit and a critical step in your love affair with your hair is the protein replenishment regimen.



Shampoo with an **exfoliating shampoo** to remove any dead skin on the scalp, product buildup, chlorine, minerals, and environmental pollutants on the hair. This process preps the hair to accept needed nourishment, which enables it to receive maximum benefit.



Follow the exfoliating shampoo with a high-quality **liquid protein**. This intensive restructuring treatment fortifies, strengthens and helps heal damaged hair. Protein must *always* be paired with moisture. Without moisture, protein can make hair feel dehydrated, straw-like and lifeless. Again ... it's about *balance*.



To seal in the amazing benefits of the liquid protein, immediately coat hair strands with a nutrient-rich **vitamin masque**. This will serve to seal in the liquid protein and provide hydrators and emollients, deep conditioning your hair and fusing it with the ideal balance of protein and moisture.

For more information, including hair-strand strength testing and analysis, visit the Christi Harris Makeover Center, Dallas Galleria, 800.305.2509 or [www.christiharris.com](http://www.christiharris.com).

HAIR CARE