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for Young Urban Women

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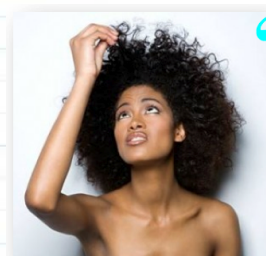
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by Shayna, 19 (Schuylkill Haven, PA)

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Q: Ever since the cold snap started here in DC, my hair has taken on a mind of its own. It has become extremely dry and lost its luster. I don't really understand why the sudden change. I have kept up my same hair care routine since the summer so I don't know why my hair is acting up. Please help!!! - Summer, 19 (Washington, D.C.) [\(READ ADVICE\)](#)

A: Hey Summer! Your question is on the minds of many young women out there who pride themselves on having and maintaining healthy hair year around. I learned when I moved from the warm climate of Atlanta to the cold "hawk" (aka heavy cold bone chilling winds) of Chicago, that my normal warm weather hair maintenance needed to be kicked up a notch for the cold winter months. **The key word for winter hair care is MOISTURE!!!** The cold winds paired with the winter hair accessories (such as scarves and hats) can rob your hair of the moisture it so desperately needs to thrive.

During the winter, I deep condition every week under a hooded dryer or heat cap for at least 20 minutes. Sometimes I even pre-condition with coconut oil the day before, wrap my hair in a satin scarf overnight and wash with hydrating and moisturizing shampoos followed with a deep conditioning treatment. Before I blow dry, I also spritz my tresses with a leave-in conditioner to protect them from the heat from my styling tools (i.e. blow dryer, flat iron, etc.) Here are some of my favorite products:

SHAMPOOS

Keracare Hydrating Detangling Shampoo (Ulta.com)
Keracare Moisturizing Shampoo for Color Treated Hair (Ulta.com)
DevaCare No Poo Conditioning Cleanser (Ulta.com)



DEEP CONDITIONING TREATMENTS

100% Coconut Oil (Whole Foods)
Moroccan Oil (moroccanoil.com)



Miss Jessie's Rapid Recovery Treatment (missjessies.com)

Aussie Deeeep 3 Minute Miracle Moisture Treatment (found at Wal Mart or Target stores)

Jane Carter Solution Nutrient Replenishing Conditioner (janecartersolution.com)

LEAVE-IN CONDITIONER

KeraCare Leave-In Conditioning Mist (ulta.com)

REMEMBER: *to steer clear from the wool-based hats that are very popular this season. Stick to cotton blend hats and scarves to keep your head protected from the cold while preserving your strands as well. As always, please consult a licensed hair care professional before trying any products. Results may vary based on the texture and length of your hair. Happy moisturizing!*
- Lachelle



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This entry was posted on Monday, December 28th, 2009 at 5:39 pm and is filed under [Beauty](#), [DIARIES](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can skip to the end and leave a response. Pinging is currently not allowed.

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