

Secrets to handling Fall and Winter Dryness as the seasons change

Whenever the seasons change there is almost always a change in your hair and skin. After the summer heat and wind, your hair can be dry, brittle, a bit fuzzy or have frizzy ends. The skin and scalp can also have dryness, be itchy and flaky. Excessive brushing or scratching can cause abrasions and open sores on the scalp. Skin conditions can also flair up such as eczema, seborrhea, and psoriasis. With the dryness of the season skin can peel and crack. All or any of these issues may cause you major discomfort.

Get ahead of the season and be prepared. For your skin you can try Le Beaute Body Butter with shea and Cocoa butter to help heal dry peeling and cracking skin. If your skin is dry, try using an oil. Suggestions are coconut oil, avocado oil, almond oil or shea butter. Also use a deep penetrating moisturizer.

For dry scalp try using a moisturizer and or a small amount of oil suggestion; three drops. You may shampoo more often than usual to keep flakes and itchiness away. Shampoo with warm water not hot water. Hot water will dry out your skin and hair. Use a good moisturizing conditioning shampoo. If the ends of your hair become frizzy, most of the time it may be time for a trim. This is also called dusting as it's just cleaning up those ends and creates a neat flow for your hair. Also use a reconstructive serum along with a light hair oil (just a few drops) to help those ends stay silky to give your hair the look and feel you desire. The ultimate look of your hair is to look like glass. The hair will reflect light easily, which will give your hair beautiful shine.

At this time your hair may need a deep moisturizing conditioning treatment on every visit until your hair and body adjust to the coming fall and winter season.