

Canadian Beauty


THE CANADIAN BEAUTY BLOG *by a Canadian, for everyone.*

PERFUMES MAKE-UP HAIR MORE THAN BEAUTY SKIN CARE ABOUT

HAIR

4 Ways To Get Healthier Hair

By Henna · October 9, 2009 · Post a comment

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4 Ways to Get Healthier Hair

take you a long way – Ojon's Restorative Leave-In Treatment has a bit of colour that makes your hair sparkle.

4. Maintain healthy hair, skin, and nails by **using a supplement** made for that very purpose! femMED supplements are made just for women so they work with your own natural chemistry to ensure you stay healthy. You can get them at your local drugstore for less than \$30.

If there's one thing I know, it's that when it comes to taking care of your hair, it's better to be pro-active than to regret damage that comes later. I'm all about the conditioning and the masks, so here are my tips for getting healthier hair:

1. **Use a pre-conditioner.** La Coupe's Overnight Repair treatment will not only make sure that you have super-soft hair, but it will also dramatically minimize the amount of hair that you lose during or after washing.

2. **Use a hydrating shampoo and conditioner.** Joico's Moisture Recovery shampoo and conditioner is amazing. It leaves your hair clean but moisturized!

3. A tiny amount of **leave-in conditioner** will



Beauty tips and nails.

Today's Beauty Tips



Body Waxing: 11 Behind the Scenes Salon

Secrets

From clients who don't freshen up to staph infecti

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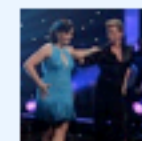


Makeup Gets Interactive: Social Networks, Virtual Makeovers, and More

Virtual Makeovers, and More

With the rise of social networks and online commun

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Dove Skin Care and DWTS Have a New Rising Star

Sure, you've watched in horror as Kirstie Alley wa