

Q&ASK THE EXPERTS



Q *I've noticed that as I get older, my hair is becoming coarse and unruly. I'm thinking about getting a Keratin treatment, but I'm not familiar with how they work. Any advice?*

A These sorts of changes in hair texture are in part due to changes in our health, most often due to increased stress or poor eating habits. Remember that your hair health is an indicator of your overall health. The addition of gray hairs can also be the culprit; these

tend to be coarser and curlier than the hair you're used to.

No matter what the reason is for the changes in your hair texture, Keratin is the answer. It is a smoothing conditioner that works well with frizzy and unruly hair. Additionally, it cuts drying time in half and gives the hair a great sheen. I always recommend the treatment because it can change people's lives when it comes to their hair.

Another great aspect of a Keratin treatment is that it doesn't grow out, so no need to worry about having a head of half straight, half curly hair. The treatment is a fusion; when the bond breaks down it simply reverts back to its original texture.

In order to maintain the bond as long as possible, you should use the recommended shampoo and conditioner. The more often you undergo Keratin treatments, the better. The ideal schedule is every three to four months. You will find that the bond lasts a bit longer with each treatment.

Here's to healthy hair! We all know that if your hair doesn't look great, nothing else seems to work.

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Q *I recently noticed small red veins around my nose and mouth. Why is this occurring and what is the best way to alleviate the problem?*

A The most common cause of telangiectasia, or tiny dilated capillaries, is sun damage, but it is also often a symptom of a common inflammatory skin condition called rosacea. The use of laser or pulsed light can usually correct this, especially if a skin program is designed to prevent new ones. Seek a board-certified dermatologist to get a proper diagnosis and treatment options.

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Q *I am trying to update my wardrobe in order to transition into spring. What key items and colors should I be on the lookout for?*

A First, let me say that spring is right around the corner and while we are still seeing some of the fall trends like leather and suede, they are mostly being paired with flirty floral tops and bold colors like yellow or lime.

Layering is essential when transitioning to warmer weather. Lighter sweaters and ribbed cotton tanks are always perfect under this season's jackets. Personally, I love the cashmere wrap; it's my go-to piece.

Leggings are still a popular choice. Invest in a high quality pair that will last a few seasons. Look for a good cut and buy more than one pair. Don't be afraid to play with color and textures when layering.

Neon colors are going to be front and center this spring season. Look for corals and hot pinks. You can already incorporate them into your wardrobe in small doses to give any outfit a fresh look. Adding a handbag or belt in a color that pops will definitely make you feel like you are leaving winter behind!

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