

Are your locks winter weather ready?

November 17, 2014

3:08 PM MST



Protect hair against cold, dry weather.

Stock Photography

The winter weather can turn hair into a frizzy mess. The freezing temperatures can leave strands dry, split and brittle resulting in hard to comb tangles. As a top dermatologist at the Washington Institute of Dermatologic Laser Surgery and the Johns Hopkins Department of Dermatology, **Dr. Kazin** has seen her share of hair/scalp complaints.

“Just as your skin can look dull and dry during the low humidity months, so can your scalp and hair,” says Rebecca Kazin, MD, FAAD. “Then add in our typical daily heating and styling tools which further stress and dehydrate the hair.”

Here are a few of Dr. Kazin's tried and tested favorites to help your locks survive winter:

Protect: If you must use heated styling tools, it's essential to use a good heat protectant spray. I like Aquage Beyond Body Thermal Spray because it has ceramic-infused polymers and fortifying proteins to seal hair's outer layer.

Nourish: To maintain healthy hair, you must add more moisture during the winter months. Apply Oribe Supershine Moisturizing Crème post-shower to

calm frizz and satisfy and restore even the thirstiest hair to softness.

Shine: Our hair color fades faster in the winter as we wash our hair more often due to weather conditions. Restore radiance and shine with It's a 10 Miracle Leave-in Product. It works on all hair types to bring out natural luster and manageability while also maintaining your color.

Frizz: Women with thin, fine hair are hit particularly hard with static. Tame flyaways with Fekkai Brilliant Glossing Crème. It transforms hair's texture to leave it smooth and glowing with vibrant shine.