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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Hair Care: Right Way To Highlights!**

**By Camry James**

Highlights consist of selecting small or thick strands of hair that are then lightened at least 2 shades

lighter than the rest of your hair. Highlights should compliment your natural or artificial color. You should never go more than 3 shades lighter than the rest of your hair color. The object of highlighting is to give you a sun-kissed look and to bring depth and light to your overall color.

**Home Hair Highlights**

So if you want to achieve salon perfect results at home when you highlight your hair, here's what the pros say:

1. Use a clarifying shampoo on your hair at least two days before coloring.
2. Never shampoo the day you color.
3. Check the expiration date on the package. And once you mix the color, use it right away!
4. Toss out the brush that comes in the box and buy flat 1/2 and 1/4 inch acrylic brushes. These brushes, used by artists, are available at art supply stores (they'll give you better control and more natural-looking results)
5. Make sure you have on hand a pair of good, tight-fitting latex gloves (the ones that come in the package don't always fit well).
6. Start from the back of your head and work forward. By working from back to front, you won't smear the pieces in front by having to reach over them to do the back.
7. Apply the highlights only to the top layers of your hair. By leaving the hair underneath alone, you'll create depth and a sun-kissed look that looks completely natural!

**De-Frizz and Smooth Out Your Hair For Great Hair!**

So the end of the day is nearing and you've still got your dinner date in less than an hour. You may not have time to shower and get prettied up all over again, but you can at least apply some frizz-fighting gel or styling product to smooth out your hair.

If you can't possibly dream of going on a date without a shower to freshen up, take the fastest shower of your life and get moving! Apply a leave-in conditioner or other anti-frizz styling solution to your hair and follow the instructions for drying your hair, or allow it to dry naturally if you have time.

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### How Hair Gets It's Shape

The shape of a hair depends on several factors, including the shape of the hair follicle and its opening; these vary from one.

person to another and also between races. As keratin is hardening it is compressed into the shape of the hair follicle. The hair is then held in shape by the pattern of the chemical bonds within it. Of these, the disulphide bonds are the strongest. They can only be changed by chemical methods such as perming or relaxing.

So what are you waiting for? Get those shiny locks today! For more resources on Hair Care and advice on how to get great looking hair, do visit

<http://HairCare.hairlossfact.info>

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In the end,

<http://HairCare.hairlossfact.info>

is a very individualized and personal thing. But remember,

<http://www.hairlossfact.info/haircare/articles/index.html>

begins with Good Hair Care!

### **Hair Extensions - The Long And The Short Of It**

**By Lucy Bartlett**

Our hair often reflects the state of our health. Healthy, long and silky hair can radiate fitness, youth and beauty.

To make our dream of long and beautiful hair come true, try the very popular instant hair extensions. To make hair grow long, it will take at least five to six years since hair grows at a very slow rate of 1 centimeter per month. You can get your hair extended to 21 inches just in few hours. You can use either synthetic hair or real human hair for hair extensions. Human hair extensions look more natural than the synthetic hair extensions. Synthetic hair cannot be exposed to hair driers or blowers, which is one of the drawbacks in using them. Synthetic hair is cheaper than human hair extensions. The Price of human hair extensions depends upon the style, length and quality. The uncolored and untreated hair extensions are often the most durable.

Tape-on hair extensions and clip on hair extensions are very easy to apply in the comfort of your own

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home. Adding length, volume, fullness or highlights are also very easy. These undetectable hair extensions can be taken in or out in few minutes. Without any chemical processing or damage to the hair, highlights can be added personally and save money and time too. There are a lot of different varieties and designs of clip-on or tape-on hair extensions available for selection.

The first and foremost choice of many is a hundred percent human hair extensions, which comes in lengths of 18 inches and 22 inches and in ten different colors. The two unique designs are body wave or silky straight. You can wear the body wave either straight or curled. It feels very soft to the touch and adds fullness. It can be used in long or short hair. Silky straight hair extensions remain straight and soft to the touch. It also holds a slight curl. It should be added on long hair only.

Braids are a comparatively cheap and easy way to extend the hair. It is one of easiest "do it yourself" styles if you have packets of synthetic hair, time and strong arms. If you have a friend to help you with the braids in the back, it will be easier still. If natural hair is around 3 inches long, then adding braids to it is easier. Do not waste your money by using expensive monofibre synthetic hair. Around six to 9 bags of synthetic hair is needed to do a full head of braids.

Lucy Bartlett is a proud contributing author. Find more articles at

<http://consumerresourcesportal.info/>

For more info visit

<http://hairextensionworld.info/>

or

<http://hairextensionworld.info/human-hair-extensions.html>



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