

AN EXPERT WRITES ON HAIR

Hair is one of the strongest natural substances known. There are between 10,000 and 150,000 hairs on a normal head (fair heads have the most, dark the least). Through a natural reproduction process you shed between 50-80 hairs a day, your hair grows on average $\frac{3}{4}$ inch a month and the average life-cycle is around three years.

Hair is made up 90% of a substance called Keratin protein and consists of three layers. The outermost is called cuticle and this is what you can see and feel. Its surface is not absolutely smooth but consists of tiny overlapping scales like snake-skin; the cortex, the soft internal tissue which forms the bulk of the hair; and then the medulla, which runs through the centre.

We all know what the summer sun can do to skin if we don't protect it properly with lotions, oils and creams; it gets dry and out of condition. Hair needs looking after in much the same way. On holiday you need a good hair-cut, so you can just wash it and dry your hair naturally. If you are considering a perm, have it done several weeks before you go away and keep your hair well conditioned. Keep it covered when sitting in the sun, as permed hair can get very brittle when exposed.

You must protect your hair from sea-water, chlorine, sun and wind. Hair's worst enemy is summer. After bathing, rinse your hair with a mild shampoo (if you haven't got a mild one, dilute the one you have with water) removing salt, sand or chlorine. Then condition it, leaving some of the conditioner on to protect the hair. It gives your hair extra shine to reflect the sun. Remember your hair is a reflection of your personality. If it looks good, you feel good. Happy holiday!

Kevin of Shapes

Old Walter Wychwood says:

"All your finger-nails grow with inconvenient speed except the broken one".