

TIED IN KNOTS

BY MEGAN PATTERSON

Did you know that it's extremely important to the health of your hair and scalp to have a good hairbrush? Brushing the hair increases circulation to your scalp, and can help clean the hair from products and dust—not to mention the obvious benefit of not having knotted, matted hair. And hairbrushes can get worn out, just like a toothbrush. Here's how to tell: rub the brush on your arm. If the bristles are scratchy, it's time to replace it.

Here are some of our top picks:

1. GOODY START.STYLE. FINISH CERAMIC IONIC PORCUPINE HOT ROUND BRUSH (\$11.99 at Walmart, Loblaws, and other food, drug, and mass retailers) is designed to tease and lift hair, as well as smooth and eliminate frizz during styling.

2. CRICKET DETANGLER BRUSH (\$8.49 at select salons and beauty supply stores) comes in three bright colours and detangles both wet and dry hair with ease, and no pain. (This means it's also a great option for kids!)

3. PAUL MITCHELL DETANGLER COMB (at select salons, prices vary) is perfect for tough tangles and combing through product. An added bonus:

it's also microbial, which is why so many stylists love to use it.

4. GOODY THICK-FIX VENT BRUSH (\$10.99 at Walmart, Loblaws, and other food, drug and mass market retailers) is ideal for the 40 per cent of women with thick or very thick hair. With oversized brush heads and longer bristles, it's designed to fight frizz and detangle thick hair with fewer strokes.



THE HEALTHY HAIR DIET

Think a deep conditioning treatment is the only way towards healthy locks? Think again. Here's how you can eat your way to healthy hair.

BY LISA EVANS

The foods you consume can determine whether your summer tresses are dried out and dull or brilliant and strong.

SALMON Packed full of omega-3 fatty acids, which are important for hair quality and a healthy scalp, this fatty fish is an important ingredient for brilliant, shiny hair.

DARK GREEN VEGGIES Popeye should have had a head full of hair! Dark green vegetables such as spinach and broccoli are excellent sources of vitamins A and C, which are required to produce sebum—the oily secretion on your scalp that acts as your body's natural hair conditioner. Stocking up on dark green veggies also increases your consumption of iron and calcium, which help prevent hair loss.

NUTS Keep your scalp hydrated with Brazil nuts, nature's best source of selenium. Prevent shedding with zinc, found in cashews and almonds, and condition your hair by eating walnuts, containing alpha-linolenic acid.



THE ESSENCE OF NATURAL

Nana Essence Shampoo (\$24.99, at select health food stores and pharmacies; nanaessence.com) is the creation of former Russian competitive swimmer, Nana Korolev, whose chlorine-battered hair sent her on a journey across the Russian countryside, collecting local folk recipes to rejuvenate her dry, brittle locks. After her arrival in Canada, Korolev experienced unwanted hair loss and returned to the organic remedies of her

earlier swimming days. She bottled her recipe and shared it with Canadian friends who encouraged her to market it. A blend of nettle, white oak and birch, this wholly Canadian product stimulates hair re-growth and helps to maintain a healthier scalp, resulting in fuller, softer, shinier and healthier hair. —LISA EVANS

PROTECT YOUR HEAD Sunscreen protects your skin from sun exposure, but what about your hair? Chlorine, sun, saltwater and wind can cause hair to become unmanageable and lifeless. **Phytoplage Protective Sun Veil Spray** (\$29, available at The Beauty Supply Outlet) nourishes by forming an invisible veil, protecting your locks against the damaging effects of UV rays and environmental stresses while restoring shine and keeping colour vibrant. Sunflower extracts protect the hair fibre, while lotus extract hydrates and sweet almond restores softness and shine, giving you brilliant, glowing hair all summer long. —LISA EVANS

