



Does your hair need a detox?

When it comes to major makeovers for the skin and body, "detoxes" seem to be the option for fast, effective results. And now, the world of hair is getting in on it through treatments that promise to "detox strands and make hair healthier." But are they legit—or just lofty promises? According to New York dermatologist [Jody A. Levine, MD](#), there is science behind them. "How often you shampoo, the type of water you use, swimming and UV exposure can all introduce components that impact hair health and the way it looks," she explains, adding that mineral -- especially copper -- impurities may have a direct effect on breakage. "Detoxification treatments that are capable of getting rid of these mineral deposits can certainly help."



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LIFESTYLE AND NUTRITION TIPS

NONINVASIVE TREATMENTS
WITH LITTLE TO NO DOWNTIME

SIX WAYS TO PREVENT BREAKAGE

Shorter strands, frizzy chunks and hair everywhere. Breakage is bad; it can make your locks look lackluster and your 'do do nothing. But bad hair days don't have to be a constant battle, and, like most beauty blunders, prevention is key. Turn to these pro tips to stop it from happening in the first place.



Why your daily routine may be ruining your hair

It shouldn't come as a surprise that harsh straightening treatments and adding any sort of color to your hair can wreak havoc on strands and can be factors behind breakage. But your daily hair to-do list might be doing a lot of damage as well. "Coloring, bleaching, perming and heat-styling can damage the hair's protective outer layer and breaks it, resulting in split ends," says **Dr. Levine**. "I recommend looking for conditioners with protein. They sink into the hair shaft and repair it with regular use." In addition, if you have straight hair, let it dry partially before combing. "If you have textured hair or tight curls, always comb your hair while it is still damp using a wide-tooth comb," suggests celebrity hairstylist and founder/CEO of ColorProof Evolved Color Care, Jim Markham. "It's the only way not to break hair that is susceptible to it."

INSIDE
tip

"A quick, at-home trick you can do to minimize damage is to mix a few drops of a treatment oil into a mask prior to application," says Markham. "This mix can help repair damage and mend split ends."

"You don't need to put in session after session to see this shampoo work. Just one wash will deliver results that make hair feel totally revived."

"No matter what kind of hair you have, this multitasker makes it look better."



THE OIL CURE

Can a wear-during-the-day styling product really provide long-lasting benefits to stop breakage? The company behind this lightweight oil seems to think so. Just apply a dollop of its vitamin B-packed nourishment to repair, revive and treat even the most stressed-out tresses. **Percy & Reed No Oil Oil**, \$24, percyandreed.com

"An oil that smells great and goes to work on-contact to smooth out the frizziest of prone-to-split strands."

"This does-it-all mask works like insurance for hair that takes a daily beating from the flatiron and dryer."



THE ORGANIC OPTION

Gentle shampoos are always good, but for hair that's prone to breakage, they're a prerequisite. This botanical mix of keratin, antioxidants and aloe works at the scalp to stop breakage and put an end to less-than-love-it hair before it starts. **Phylia Clean Shampoo**, \$35, phylia.com

THE REPAIR REDUX

From the line that brought you healthier hair at the salon comes the all-new answer to repairing breakage at home with this hard-working serum that shines, smooths, reduces breakage and controls frizz. **Goldwell Dualsenses Rich Repair 6 Effects Serum**, \$18.50, goldwell-northamerica.com

THE MULTITASKING MASK

Even the driest of strands don't stand a chance against this ultrahydrating mask that works overtime on every hair type to strengthen and smooth. **Phyto Phytokeratine Ultra-Repairing Mask**, \$39, sephora.com