

Damage Control: Fix Your Summer Beauty Mistakes

Can you remember what you did on your summer vacation? Your skin and hair do! Follow these hair tips and skin remedies to restore clear skin and calm frizzy hair — and other beauty problems caused by summer fun.

By Rachel Jacoby



Dull, Frizzy Hair

Sun, salt, and chlorine all contribute to damage by stripping hair of moisture. Even if you haven't been to the beach in weeks, your thirsty strands suffer even more abuse from heat styling and chemical processing, explains Paul Perez, senior stylist at Sally Hershberger Los Angeles. Dried-out hair loses shine and has a tendency to frizz.

If you're not willing to cut off a few inches, at least go in for trims every six weeks to remove the most damaged portions, Perez says. And add a deep conditioner to your hair-care arsenal. Look for products that contain natural oils. When used once a week, these nourishing conditioners can help return your strands to their pre-summer state.

"When styling your hair, use cream- or oil-based styling products to help condition the hair. If used sparingly, the product will not weigh your hair down," says Perez, even if you have fine locks.