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Bella Bethesda Offers Tips for Dealing With the Three H's of Summer: Heat, Humidity and Hair

*Summertime means nice weather, outdoor activities and hitting the waves at the beach.
But for some, a different kind of wave may be top of mind.*

Bethesda, MD (June 12, 2008) — For curly-headed individuals, especially those in Washington, DC, summer is often a time of blaming the hair gods. May was the second wettest on record for the DC area. June started with one of the worst thunderstorms the area has seen in decades, and extreme heat and humidity are on their way. Luckily, Bella Bethesda Salon has compiled a list of solutions for those looking to coil their curls, tame their twists, and be finished with frizz while still enjoying the summer weather.

“Most women with curly hair pack up their straighteners and admit defeat to the summer weather, never happy with what results. At Bella Bethesda Salon, we want our clients to embrace and love their hair, and we’re always happy to help women learn how to tame their curls,” said Stacy Dabney Ramirez, co-owner of Bella Bethesda Salon.

Below are a handful of hair secrets for keeping curly hair in check this summer, courtesy of the stylists at Bella Bethesda:

- **Moisturize.** Your curls are thirsty for moisture, especially in the DC heat, so a leave-in conditioner such as Phyto 7 or 9 will help protect hair by restoring its natural defense and maintaining moisture levels.
- **Don't use a brush.** Opt for a comb. It will help minimize breakage and keep those frizzies at bay.
- **Comb in your conditioner** while in the shower to evenly distribute moisture and promote healthy and strong hair. But remember, be gentle.
- **Use the right products** that will enhance your curls rather than fight them. Look for products that minimize volume and are humidity resistant like Profound Beauty's Curl Glaze.
- **Let your hair air dry.** It's good on your energy bill and prevents damage and dryness that can be caused by heat appliances.
- **If you must apply heat, use a diffuser** that attaches to your hair dryer, and scrunch curls with your hands as you are drying.
- **Twist hair individually** while blow drying to enhance the curl.
- **Don't overdo it.** You want to keep your curls soft, rather than crunchy, so keep the amount of product (gels, mousses and hairspray) to a minimum. Excessive product will just weigh hair down.

If all else fails, Bella Bethesda's hair professionals have in-salon treatments that can help control curls and eliminate frizz. During the month of July customers can visit the salon for a consultation with one of the salon's 16 stylists to learn how to manage curly hair. Consultations are 30 minutes long and by appointment only.

Bella Bethesda Salon is located at 4733 Elm St, in downtown Bethesda, Maryland. For more information about Bella Bethesda Salon visit www.bellabethesda.com or call 301-718-9111.

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