

# CANYON RANCH.

## CANYON RANCH EXPERTS SHARE TIPS FOR BEAUTIFUL HAIR IN THE FALL



**September 2018** – How your hair looks and behaves in fall and winter may seem akin to what’s happening in nature – plants holding on through the cold months go limp, what tree leaves remain turn brittle. Though the elements may seem to be against you, leaving your locks dry, static-filled and flat, adjusting your routine and environment can help you have the kind of hair in the colder months that you’ll want to enjoy the rest of the year.

- Our hair can be in need of some serious TLC after months of exposure to sun and surf. Start using a deep conditioning mask once a week, or at least twice a month instead of conditioner to rehydrate your hair and keep it in good condition all winter long.
- With the change of seasons, trying adding dimensional color and a glaze to add shine to your hair. Perhaps choose a richer warm color or low lights for fall.
- Get in your omega-3s. These fatty acids play a role in the production of sebum – the oily substance that keeps your scalp lubricated and hair shiny. Since the harsh season can make it challenging to keep hair well-oiled and healthy, make sure to especially reach for foods high in the nutrient during these months. Try ground flaxseed, mackerel, nuts, salmon and soybeans.
- When the air lacks humidity, it can sap moisture from your hair and scalp, leaving strands static-y, frizzy and susceptible to breakage and other damage. Use a humidifier to boost moisture levels so your thirsty hair has plenty to drink in.
- A hot shower may soothe you on a cold morning, but it can also break down and wash away your scalp and hair’s natural oils. Result: a dry, flaky, itchy scalp, plus frizzier, damage-prone hair. Dial down the temperature (helpful not only in fall and winter but year-round); try not to go past your faucet’s midway point.
- Try products with Dimethicone. Look for this silicone-based ingredient in shampoos, conditioners, styling sprays and creams. Like a lightweight sealant, it coats hairs, allowing them to smoothly slip by each other and keeping the cuticle flat and smooth. Less friction between strands increases shine while helping hair retain moisture and combat static and flyaways.

**About Canyon Ranch®:**

Canyon Ranch has been a trailblazer and an industry-leading proponent of the wellness lifestyle since its founding in 1979, operating the world's most celebrated collection of life-enhancement properties, holistic living developments and complementary brand extensions. Over the past four decades, Canyon Ranch has imparted their integrative expertise to more than 1 million guests on land, nearly 1.3 million at sea and as of October 2018 over 650,000 in the air. Canyon Ranch has wellness destination resorts in Tucson, Arizona and Lenox, Massachusetts. In addition, Canyon Ranch operates the world's largest day spa at The Venetian® & The Palazzo® hotels in Las Vegas, Nevada and 22 Canyon Ranch at Sea® wellness facilities onboard luxury cruise lines: Cunard Cruise Line, Oceania® Cruises, Regent Seven Seas Cruises®, and on Celebrity Cruises®. Canyon Ranch is a 13-time winner of Travel + Leisure's Best Spa Award, an 11-time recipient of the Condé Nast Traveler Best Destination Spa Award, is honored by Town & Country as one of the 'Best Luxury Spas in the World' in their 2017 Spa Awards and is recognized as the 'Best Wellness Program' by Virtuoso's 'Best of the Best' 2017 awards.