

BEST HEALTH

POLL p. 49
WHAT ARE THE
HABITS YOU
CAN'T STAND
ABOUT
MEN?

LIVE BETTER, FEEL GREAT

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Simplify Your Life!

2-Week Family
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GET A STRONG BACK IN 3 EASY MOVES

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BIG-BATCH RECIPES
(COOK NOW, ENJOY LATER)

THE #1 SECRET TO INTIMACY

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IN ONE

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Get smooth, silky hair

GET HEALTHY
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Ready, set, RIDE!

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Great autumn meals

EMBRACE LIFE
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Take our sex quiz

EAT UP FOR HEALTHY HAIR



"A good diet with essential amino acids [such as from eggs and fish] is the building block for good hair growth," says Liao. Patricia Chuey, a Vancouver-based registered dietitian, also recommends a hearty intake of protein and folic acid to maintain hair health. "Without enough protein, layers of hair can break, creating gaps that can make hair porous and dull," she says. "And dry, fly-away hair could be related to a lack of folic acid." Get your fill of protein from lean meats, legumes, soy, nuts and seeds, and folic acid from leafy greens, oranges and whole grains.

since they can provide volume and lift without all the heat of many plug-in products.

6 Give your hair an intensive weekly conditioning treatment or mask.

You can get good results with this homemade recipe, says Matar: Mix two eggs and a whole, mashed avocado, and apply to wet hair. Cover hair with a shower cap and wrap in a hot, wet towel. Leave in for two to three hours, then rinse and shampoo as you normally would.

7 Protect hair from the drying effects of the sun. Use UV-protection hair products or wear a hat if your hair is brittle or colour-treated. "The sun is going to make brittle hair worse," says Ritcey.

8 Get regular trims every six weeks.

It's still great advice. "A haircut can bring life back to hair by removing the very driest and most damaged area—the ends," says Ritcey. "This gives it more lift and bounce, and will usually make the hair feel thicker."

9 Pick up a brush. Remember that old adage about giving your hair 100 strokes with a brush to keep it beautiful? There's some truth to that. Brushing brings hair's natural oils from the roots to the ends, acting as a natural moisturizer, and it's also a great massage for the scalp, says Ritcey. "Getting the blood circulating helps to provide a better environment for the hair follicle to live in," he says. "Healthy hair thrives in a healthy scalp situation." □

won't damage your hair, but if your hair is already damaged, it could make it worse.

Do you need to "repeat," as many product labels instruct? Del Monaco says one shampoo per wash should suffice—and will make your shampoo purchase last twice as long—but if you have very oily hair or use a lot of hairstyling products, you may want to suds up twice in one go.

3 Use conditioner before shampoo.

To extend the life of your hair colour treatment, and increase hydration, try this trick from Toronto-based celebrity hairstylist Jie Matar: Apply a coat of conditioner to wet unwashed hair, work it through, then shampoo your hair and rinse with cool water (which is less harsh on the scalp than hot water). "Your hair sucks in the moisture by starting with a layer of conditioner," he says. "It seals the cuticle."

4 Use heat-protection products.

Blow-drying is a moisture sapper, says Ritcey. Apply heat-styling products to your hair before blow-drying and try to keep the setting on medium, not high. Consider investing in an ionic blow-dryer, which works faster and causes less damage than regular dryers.

5 Get a pack of Velcro rollers.

They're lightweight and healthy for your hair

OUR BUZZ-WORTHY FINDS

We searched, we found, we share with you: Consider making some room on your hair-care shelf for one or more of these products.



SULFATE-FREE SHAMPOO

Sulfates give shampoos their lather but they may fade colour-treated hair. L'Oréal Paris Ever-Pure Smooth Shampoo for colour-treated hair omits sulfates and uses naturally derived cleansers and conditioners to lock in hair colour and protect it from fading. (\$11, 250 mL)



DRY-MIST HAIRSPRAY

Hairsprays are hot again, but the news is a fine ultra-dry mist that allows you to run a brush through your hair. Joico JoiShape Shaping & Finishing Spray is also more environmentally friendly than bygone sprays (it boasts it reduces chemicals known as VOCs). (\$19, 300 mL)



DRY SHAMPOO

Popular in the '70s, dry shampoo is back. Also known as hair powder, dry shampoos let you freshen up your hair without having to hit the shower. They help absorb oil and can add volume to fine hair. Batiste Dry Shampoo in Blush is formulated with rice starch. (\$9, 150 mL)



SUDS-FREE CLEANSER

Abandoning the word shampoo, Los Angeles-based hairstylist Chaz Dean created Wen Sweet Almond Mint Cleansing Conditioner, a non-lathering cleanser made from herbs and other natural ingredients. It's made without detergents such as sulfates. (\$28, 473 mL)



EXOTIC CONDITIONING OIL

Infused with the beauty ingredient argan oil—used for centuries by Moroccan women as a nourishing treatment for hair, skin and nails—MoroccanOil Treatment's mix of vitamins and protein zaps frizz and leaves hair soft and shiny. (\$39, 100 mL)

◆ For where to buy, see page 111