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Got a (Bad) Chemical Romance?

Lady Gaga recently went on the record to say she misses her dark hair when she goes to "get a chemical haircut because my blonde hair is falling out." Chemical damage from hair dyes, perms, and products that straighten the hair are major contributors to hair damage that occurs over time, says NYC dermatologist Dr. Channing Barnett. "What many people don't know is once hair is damaged you can't repair it," she says.

Get on Schedule! "Gaga's" hair overwashes, hood, these, yes, yes.

Always Condition. For women with damaged hair, Dr. Barnett says moisturizing conditioners are necessary.

"One of the most common misconceptions about hair is that it is alive; when in fact hair is nonliving and does not heal itself once it is injured." For this reason, once the hair is damaged it cannot heal itself except through new hair growth at the scalp.

Turn Down the Heat. Frizzy ends, hair breakage, and the smell of burned hair signals damage from too much heat. Dr. Barnett explains the condition as "bubble hair." Think of hair like a piece of steak - it starts out nice and soft and flexible. But when you cook it, the steak changes texture and becomes hard. Protecting hair from too much heat is essential to maintaining healthy hair. The only way to repair heat damaged hair is to get it cut and let it regrow. To prevent more damage, let hair air dry whenever possible.



Put These in Your Summer Survival Kit

1. Get Your "Gotcha!" What not to wear this summer: a pimple. That's right, the heat can bring on the breakouts, so if you find yourself with an uninvited guest here's a heavy duty arsenal: HappyMe Skincare's brand new line is quickly garnering a cult following for its Overnight Pimple Eliminator, a quick-drying miracle liquid that utilizes sulfur, willow bark extract, and sesame seed extract to stop acne at the core. \$8, available at Duane Reade and other mass retailers.

2. See Spot Fade. Vichy ProEVEN Total Dark Spot Corrector is a daily face product that utilizes a dual action formula featuring a spot-on combination of vitamin C, vitamin E, and LHA, a derivative of salicylic acid with powerful regenerative and exfoliating properties to act on all surface layers of the skin. Together, the formulation helps combat the appearance of dark spots and uneven skin tone in all ethnicities. \$42.50, 1.0 fl. oz.; Vichy.com

3. Drink Up the Good Stuff. All the products in the world won't make a dent unless you're properly hydrated. Hate the taste of plain water? Metromint is an all-natural, zero-calorie, purified water infused with real mint to give you an invigorating boost of hydration. Flavors like Chocolatemint, Orangemint, Lemonmint, Cherrymint, and Goodberrymint help put some pep in your step! \$1.69/bottle; Metromint.com

4. Discover Argan Oil. One of the best-kept beauty secrets of the ages Argan oil is rich in vitamin E, antioxidants, and essential fatty acids. Derived from the argan tree in Morocco, it's hailed for its incredible anti-aging and healing properties. Integrate it into your everyday with the BellaAE Argan Oil collection. BellaAE.com



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