

Your beauty plan

with FRAN



by Fran Colmar

Poets have sung about it through the ages. It has been referred to as "Woman's crowning glory." It has changed in style from knee-length tresses to the boyish "poodle," but hair still remains as a constant source of vexation to us.

There are very few women who have been endowed by nature with lovely, lustrous hair. To attain this ideal condition the hair must be cultivated by vigorous brushing. It must be maintained by systematic and thorough shampooing. A well-balanced diet and fresh air and sun must also do their parts.

Why is it that every article dealing with care of the hair emphasizes in no uncertain terms the importance of regular and thorough brushing?

In the first place, brushing helps keep the hair clean between shampoos. Secondly, it helps to stimulate the scalp so that it functions better. Then, it helps distribute the natural oil more evenly. In this way the oil is not centered at the roots while the hair-ends are dry and brittle.

The health of your hair depends in large measure upon the health of your scalp. Both oily and dry scalps get flaky. It is very simple to determine what type of scalp you have.

If your hair is sticky and stringy, then there is little doubt that you have an oily scalp. In either case, it is a condition which

can be corrected with little effort. In the matter of oily hair, I would like to offer a simple, effective treatment.

First of all, your scalp must be kept immaculately clean and free from dust by constant brushing. Incidentally, there is a technique for brushing hair which gets the most out of the effort. First use a firm brush with stiff, flexible bristles that are long enough to reach through your hair to your scalp.

The best brushing posture is to stand bending over from the waist with your head hanging down. Then brush up and out. In this way your underneath hair gets an airing as well as the top and the flow of blood thus sent to your head is good for circulation. Don't let fear of disturbing your coiffure keep you from brushing your hair. If it does anything, it will make the hair even more manageable.

Next, shampoo the hair with a good preparation on the market, being sure to wash it completely free of oil. Rinse in clear water several times. Your hair should "squeak" with cleanliness when you dry it.

Massage your scalp with your fingertips for a few minutes. Relax your head in your hands, resting your elbows on a table and vibrate your fingers through your scalp. A weekly shampoo is desirable for oily hair.

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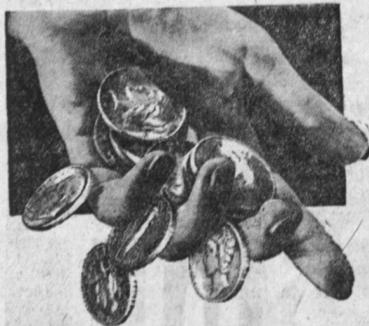
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