

THE HOT 100 RESTAURANTS: WHERE TO EAT RIGHT NOW

INLAND EMPIRE

MAY 2013

THE REGION'S PREMIER MONTHLY

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BARRYMORE
HOW STARS
SHAPE YOUR
LOOK

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THINGS
TO DO

BEAUTY ISSUE

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DISH ON WHAT'S
NEW, WHAT'S NOW,
WHAT'S NEXT!

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keeps hair moisturized for a longer period.

Always use sealant on slightly dampened or misted hair, or pair the product with a water-based moisturizer to maximize the benefits. If you have naturally oily hair, you can skip this step.

5. Styling your hair protectively: Imagine wearing a favorite sweater every day; washing, drying and ironing it several times a week—it would look pretty worn out after a few years! This is exactly what happens to hair that is bleached, colored, blown dry with artificial heat, ironed, weaved and on and on.

Don't do this anymore!

There are several measures you can take to preserve the health of your hair, including wearing it up more often, cleansing it cautiously, detangling strands with a large-tooth comb, protectively using blow-dryer heat, reducing chemical use and not coloring your hair more than three shades lighter or darker than your natural color. In general, be gentle. Do not pull too hard or rapidly when styling it, too; be slow and steady.

Audrey Davis-Sivasothy is a Houston-based freelance writer, publisher and longtime, healthy hair care advocate and enthusiast. Sivasothy holds a degree in health science and has written extensively on the science of caring for hair at home.

Ahhh Spa

You deserve to be pampered. Visit Corona's Glen Ivy Hot Springs for The Grotto Body Moisturizing Treatment. Consider the Candela massage at Indian Wells' Miramonte resort, where a therapist anoints your body with warm candle oil. Temecula's South Coast Winery Grapeseed Spa, and spas at Morongo, Pechanga and Pala casinos, all offer specialty treatments. Enjoy luxurious toiletries: Kelly's Spa at Riverside's Mission Inn has green tea and honey products. Rancho Mirage's Rancho Las Palmas has a signature mango line.



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