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## Insider secrets for natural beauty

**Q** | Can you recommend some natural conditioning ingredients to care for colour-treated hair?

- Tammi, Toronto

**A** | Dear Tammi,

Colour-treated hair needs special care to retain moisture and preserve the colour. Stay away from shampoos with harsh foaming chemicals like sodium lauryl sulfate and choose more gentle vegetable- and coconut-based products. Chemical dyes often strip the hair of its essential oils so it is important to look for ingredients such as aloe vera and avocado oil that are hydrating. Ingredients such as honey add volume and soy milk moisturizes without weighing hair down. Naturally occurring sunscreen in shea butter protects hair and the scalp from harmful rays and is excellent as a leave-in conditioner applied at the roots and tips. For soft, shiny hair, massage in a mixture of warm olive oil and sweet almond oil once a week then wash with a gentle shampoo. ♡

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