

Detox Scalp and Hair

Without question summertime is when people spend a lot of time outdoors; vacationing on an island, surfing the waves at the nearest beach or tackling those outdoor projects on their to-do lists. Simultaneously people are exposing themselves to multitudes of harmful ultraviolet rays. That means that in addition to our skin and scalp, ultraviolet rays are also pummeling our hair fairly consistently too.

Sun exposure has been known to dehydrate hair (making it brittle), while also damaging the hair cuticle (and its protein Keratin) and can even “bleach” the hair. With prolonged exposure, the sun also thins the hair and can promote frizziness. But sunlight is not the only danger our heads encounter while down the shore. Like the sun, the dangers of overexposure to salt-water are vast. It can dehydrate hair, causing split ends and makes it feel brittle, tangled or rough, which is difficult to comb and style. Additionally, even if you decide to relax poolside as opposed to at the beach, you still have risks to be aware of because Chlorine also poses a threat to your hair.

An occasional dip in the pool won't harm your hair too much but it will make it feel dry for a day or so. But regular exposure to Chlorine can pose a real hazard to your hair long-term. Because Chlorine is a disinfectant and breaking down and removing dirt, oil and bacteria is its sole purpose, repeated exposure can cause your hair to become porous and dry, while stripping your hair of its natural oils. This damage is even more likely if your hair has been chemically lightened or highlighted because it will absorb chemicals to a greater degree and have a better chance of discoloration.

So if upon summer's end your scalp is itchy or flakey or your hair is feeling abused, you may need to refresh and detox. Happily if paired with proper haircare practices, there are products that can help mitigate the harm.

Nunzio Saviano Salon's *Detox Hair & Scalp Gentle Shampoo* clarifies and removes scalp and hair build up, purifies pores and rejuvenates hair follicles. The shampoo's natural ingredients coordinate to promote good scalp and hair health...

- **Lemon** is known to clean the scalp, prevent hair loss and dandruff by unclogging hair follicles. Lemon is also full of nutrients like Vitamin C, which can boost hair growth, Magnesium and Citric Acid, which strengthens and tightens the hair follicles respectively while curbing thinning.
- **Chamomile** has anti-inflammatory components that can calm dry scalp and dandruff.
- **Sage** works as an anti-inflammatory, while its natural oils strengthen the hair's roots, which prevents thinning and contributes to healthy hair growth.
- **Rosemary** soothes the scalp and can help fight hair loss by stimulating blood flow.
- **Nettle** is a shrub that promotes hair growth, nourishes the hair follicles, and contains fatty acids, iron, magnesium and zinc.
- **Bardana & Burdock** root's Vitamin A content nourishes the scalp and has been known to reduce dandruff symptoms.
- **Oregano oil** improves both hair thickness and growth with its ability to improve cellular generation.

Our *Hair & Scalp Detox Drops* are designed expressly for oily hair and dandruff. This detox formula incorporates these key ingredients to purify the scalp's pores and hair follicles for optimum scalp and hair health and accelerated hair growth...

- **Eucalyptus** has anti-inflammatory properties as well as strong anti-bacterial, antiviral and antimicrobial elements.
- **Lemon peel oil** helps to cleanse and counter oily scalp and/or greasy hair. It also contains antiseptic and antimicrobial properties.
- **Pine leaf oil** acts as a great moisturizer and can help nourish the surface of your scalp by eliminating the germs that cause infection and inflammation.
- **Thymus** [Peptides] are organic compounds produced by the Thymus gland that strengthen hair follicles. With age and by other contributing factors, Thymus Peptides begin to decrease, contributing to hair loss. Thymus Peptide Treatments can be utilized to compensate for the body's delinquency.
- **Burdock** purifies the blood and detoxifies the system.
- **Salvia** (aka TCM) is a root herb that excels at circulating blood and is known to encourage hair growth, as hair follicles require highly nourished/oxygenated blood to flourish.
- **Nettle** can help prevent hair loss and helps alleviate symptoms associated with dandruff and eczema.
- **Chamomile** promotes lighter and shinier hair, while working as an anti-inflammatory.

Crafted by a Milan-based chemist exclusively for Nunzio Saviano Salon, these two products should be a key component in your post-summer detox regime and should leave you feeling refreshed and reborn as you say goodbye to summer and head into the cooler fall weather.