

Take Note

Mix sugar into shampoo to exfoliate your scalp before masking.

#SELFCARESUNDAY

HAIR MASKS**HOW TO MASK**

Masks are typically applied either on dry hair before showering, or on wet hair after rinsing out your shampoo, in place of traditional conditioner. They're formulated to work for only a certain amount of time, Topper says, so leaving a mask on for longer than directed won't make it more effective. Always read the product's label for directions on how to use it. **1** With a wide-tooth comb, distribute the mask evenly from roots to ends. **2** Tuck hair into a shower cap to let the mask soak in. **3** When time's up, rinse with cool water. Aim to use a mask once a week.

Your hair stands up to a lot of abuse, what with styling, coloring and sun exposure. Daily conditioners help, but to repair damaged strands, you should try a hair mask. "It will nourish and fortify hair," says Francesca Fusco, MD, a dermatologist and scalp expert in NYC. To find the best formula for you, consider your hair type.

If your hair is dry

Celebrity hairstylist Alyn Topper suggests **shea butter** for dull, dehydrated hair. The rich ingredient boosts shine and quenches hair without weighing it down. Try Alterna Caviar Anti-Aging Replenishing Moisture Masque (\$45).

If your curls lack definition

Natural oils in curly hair aren't always evenly distributed along the shaft, which can turn curls brittle and make them lose their shape, Topper says. **Avocado oil** puts

the spring back in your curls, since it mimics your body's own moisturizers. We like Garnier Whole Blends Avocado Oil & Shea Butter Nourishing Mask (\$5.50).

If your hair needs volume

It's counterintuitive, yes, but a moisturizing mask can actually add body. Hair is made up primarily of protein, which can be diminished by heat

styling and chemical processing. The result? Flat hair. Fusco says **coconut oil** is able to penetrate strands and can protect against protein loss. Our pick is Nexxus Vital 8 in 1 Rejuvenating Masque (\$5).

If your hair is frizzy

High humidity equals hair going haywire due to the moisture in the air getting under the cuticle. **Argan oil** is rich in fatty acids and vitamin E, which hydrate hair and tame frizz, Fusco explains. We recommend OGX Extra Strength Hydrate & Repair Argan Oil of Morocco Hydrate Mask (\$9).

