

# healthy HAIR HACKS

By Alex Karcev

**BLUSTERY COLD OUTDOORS**, indoor heating dryness and hot styling tools for holiday happenings inevitably leave hair dry, dull and prone to breakage. Don't let winter fade your hair's beauty without a fight. Here are the latest in-salon solutions to help banish bad hair days this season. ►

## KÉRASTASE INSTANT RITUAL TREATMENT

**Price:** \$25

**Where:** Aire Blow Dry Bar in Huntington and Woodbury

**Who:** Customized for each individual's concerns, from damage to dullness

**What:** "Kérastase's Fusio-Dose™ Treatment is like a potent vitamin pack for your hair," according to Regina Ditieri, Aire's general manager.

**Why:** Unlike an at-home hair mask, this one penetrates deep into the hair cuticle and will progressively feed your follicle.

**When:** Add on to a blowout for the overall wellness of your hair.

**How:** A stylist will help diagnose both your primary and secondary hair issues to properly mix the targeted treatment. A customized combination starts with one of four bases — Nutrition, Shine, Strength or Density — and then a booster is added to address additional concerns. The formula is applied and then washed out after five minutes.

**At Home:** Add Living Proof® Night Cap™ Overnight Perfector to your beauty routine to keep hair looking healthy. Retail for \$29 at [livingproof.com](http://livingproof.com).



**THE "SEALER" TREATMENT**

**Price:** \$40

**Where:** The Salon Project by Joel Warren at Saks Fifth Avenue in Huntington

**Who:** For color-treated hair

**What:** A nourishing treatment that repairs and revitalizes stressed hair.

**Why:** "This is only available at our salons and it lasts a month," says Joel Warren, cofounder of Warren Tricomi and founder of The Salon Project, who created the formula for this in-house treatment. "I call it the Sealer because it closes the cuticle and seals the outer layers of the hair."

**When:** After any color, especially any bleach or highlights

**How:** After shampooing, the treatment is applied to towel-dried hair, combed through and left on for 15 minutes. Hair is then rinsed, conditioned and dried.

**At Home:** Use the Repronizer 3D Plus [Dry]. More than a hair dryer, it improves hair health. Available for \$410 at The Salon Project.



**RENÉ FURTERER 3-STEP CONDITIONING TREATMENT**

**Price:** \$85

**Where:** Salon Xavier in Sag Harbor

**Who:** Sensitive scalps and over-processed hair

**What:** This treatment provides hair therapy by deeply cleansing and stimulating the scalp.

**Why:** "Beautiful hair grows from a healthy scalp, and René Furterer's 3-step treatment gives you just that. Et voilà!" says owner Xavier Merat.

**When:** Post haircut, or monthly, if hair is colored.

**How:** Start with a consultation to customize your treatment, followed by a head massage with a soft scalp brush to loosen clogged pores and remove buildup. Then, the treatment oil is applied to the scalp and massaged in. After cleansing, a mask is applied from mid-lengths to ends before a final shampoo and rinse.

**At Home:** Try Beekman 1802 Activated Charcoal Shampoo Bar with Argan Oil to nourish hair and scalp. Available for \$12 at [beekman1802.com](http://beekman1802.com)

