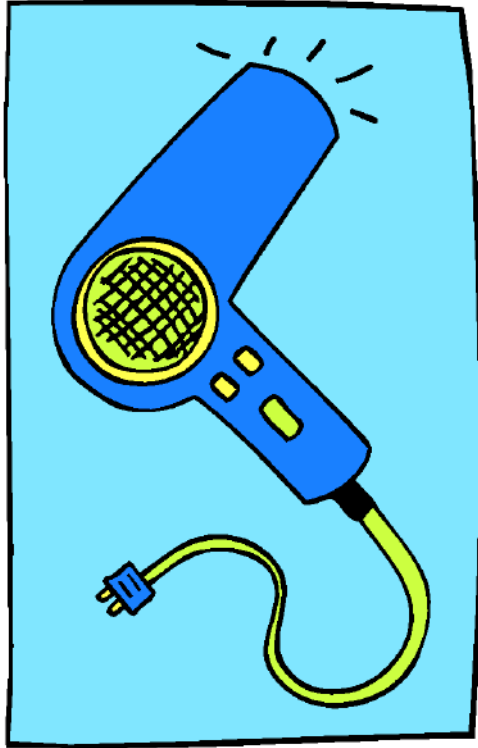


# Looking After Your Hair

Use  
covered  
rubber  
bands





Use a low  
heat when  
drying hair  
with a  
hairdryer

Use a wide-  
tooth comb  
more often  
than a brush

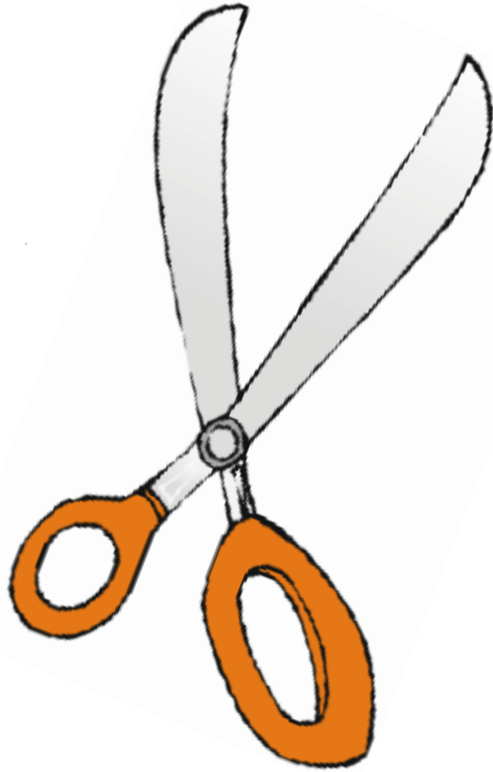




Use a  
shampoo  
suitable for  
your hair

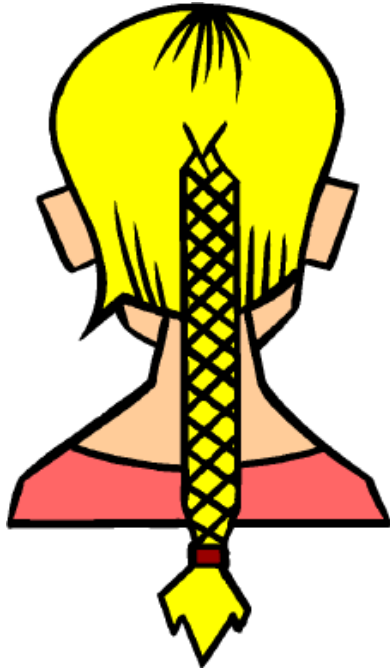
Decide if  
you need to  
use  
conditioner





Never try  
to cut  
your own  
hair





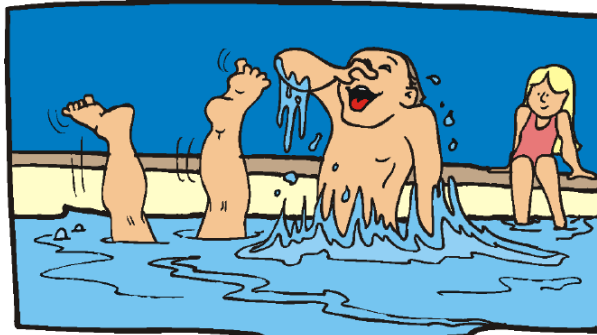
Don't tie  
ponytails, braids  
or pigtails too  
tight as this can  
damage hair



In summer,  
wear a hat to  
protect your  
hair and scalp  
from the sun



Wash hair using Shampoo  
after swimming in a  
swimming pool to wash  
away pool chemicals





Try not to use  
products with  
chemicals which  
can damage  
your hair