



# Ethnic Hair Care

Diagnosing and treating hair disorders have always been of great interest to me. At a recent meeting of the American Academy of Dermatology (AAD), a colleague shared her wisdom on:

## **Safe Ethnic Hair Care Practices**

- Avoid heat more often than weekly
- Shampoo no more than once a week
- Air dry
- Chemical relaxers no more than every 8-10 weeks
- Trim hair no more than every 8-12 weeks
- Highlight or dye only once a year
- Avoid tight hair styles