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Fall hair care from your kitchen

Monday, November 05, 2012

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November 5, 2012 (WPVI) -- If your hair is starting to look dull or fee dry this autumn, before you run to the salon or drugstore, you might want to check your pantry.

So says Mahisha Dellinger, founder of [Curls](#). And even though she sells hair-care products for a living, she's all for saving money when you can.

"I'm definitely an advocate of saving money," she says. "And doing as many do-it-yourself projects at home."

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Dellinger ays one way to save money is to shampoo less often, especially as we get closer to Winter and its drier air.

She explains, "You definitely want to avoid -- especially if you're curly -- shampooing every day. That will rob the hair of its essential oils and dry it out. Even straight hair, you don't want to over-shampoo it. So we recommend going three days before you shampoo."

She also says it's important to moisturize your hair. And she showed me how to make a moisture treatment out of groceries, including avocados, coconut milk, honey and olive oil.

Her recipe: one can of coconut milk, blended with one smashed avocado, a tablespoon of honey and two tablespoons of olive oil.

"Avocado is great for moisture and protein," she says. "It has a lot of Omega-3 fatty acids, so it's going to be great for the hair. it's another normal conditioning ingredient you'll find in a professional item. Omega-3's are great for your hair. "

You blend it together and then use it in the shower before you shampoo. It'll keep in the fridge for up to two

weeks.

She adds, "Anyone with color-treated hair will love this because it adds the moisture, but doesn't strip the color out."


To learn more about the Curls hair-care line and get other beauty tips, [click here](#).

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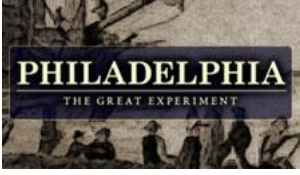


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