

Eat protein to grow your hair.

Help for Hair Loss

If your locks suddenly fall out, here's how to take action.

IT'S NORMAL TO LOSE 100 STRANDS A day. But increased hair loss may occur two to three months after you've suffered an acute emotional strain or a physical stress, says Jeanette Jacknin, M.D., a dermatologist in Scottsdale, Ariz. Your hair will typically return to normal within a few months, but, she says, you can speed the regrowth with these tips:

Pick Herbs. Massaging essential oils of cayenne (*Capsicum annuum*) and rosemary (*Rosmarinus officinalis*) into your scalp daily increases blood flow to stimulate growth. In a small bottle, mix 1 to 2 drops of cayenne essential oil, 1 ounce of rosemary essential oil, and ¼ cup of a warmed base oil (like almond or sesame). Apply a small amount to your scalp and massage for 10 minutes. Then shampoo and rinse.

Feed Your Head. An adequate protein intake ensures a healthy scalp and head of hair. Eat several servings a day of soy, nuts, chicken, or fish. Also take a daily multivitamin, 50 mg a day of biotin (a B vitamin that may indirectly stimulate hair growth), and 250 mg twice a day of silica (which helps strengthen hair).

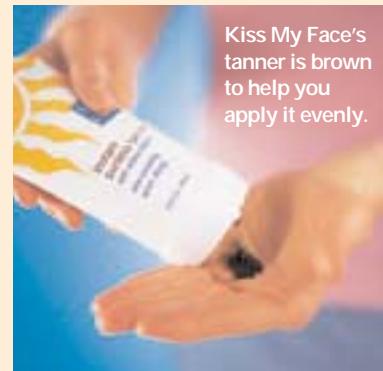
How to Pick the Best Self-Tanner

Become a smart shopper with these tips.

SELF-TANNERS GIVE YOU SUMMER color without the risk of sun damage. You'll get the best results if you know what ingredients to look for.

All sunless tanners contain dihydroxyacetone (DHA), the only FDA-approved active ingredient for self-tanning lotions. DHA reacts with amino acids on your skin's surface to turn it brown. There are no known safety concerns with DHA, but it may inflame the skin of some people. You'll have to forgo self-tanners if you develop a red rash after applying them.

As far as other ingredients are concerned, the fewer, the better, says Omeed M. Memar, M.D., Ph.D., a dermatologist in Chicago. You'll minimize the chances of having a



Kiss My Face's tanner is brown to help you apply it evenly.

reaction to an ingredient or ending up with an unattractive color. For example, stay away from artificial fragrances.

Other experts recommend tanners with natural moisturizers like aloe and skin-friendly vitamins like A and E (often listed on labels as "retinol" or "tocopherol," respectively). Two brands that contain some of these ingredients are **Zia Solar Intelligents Self Tanning Creme** (\$16.95 for 4 ounces; 800-334-7546; www.zianatural.com) and **Kiss My Face Instant Sunless Tanner** (\$10 for 4 ounces; 800-262-5477; www.kissmyface.com).

Emphasize Your Eyes

This natural makeup offers a touch of color without irritation.



The Product: Lavera Eye Shadow Duos

The Promise: These new eye shadow sets are part of a line of natural cosmetics for sensitive skin. To minimize irritation, they contain no synthetic preservatives, colors, or fragrances or petroleum-based ingredients.

Our Verdict: The shadows went on smooth and didn't irritate our skin. They also didn't flake off and cause problems for contact lens wearers.

To Buy: A compact with two eye shadows, a mirror, and an applicator costs \$21.50; 877-528-3727; www.lavera-usa.com.