



Got a (Bad) Chemical Romance?

Lady Gaga recently went on the record to say she misses her dark hair when she goes to “get a chemical haircut because my blonde hair is falling out.” Chemical damage from hair dyes, perms, and products that straighten the hair are major contributors to hair damage that occurs over time, says NYC dermatologist Dr. Channing Barnett. “What many people don’t know is once hair is damaged you can’t repair it,” she says.

So, on behalf of “Gaga’d” hair everywhere, heed these tress tips:

Always Condition. For women with damaged hair, Dr. Barnett says moisturizing conditioners are necessary. “One of the most common misconceptions about hair is that it is alive, when in fact hair is nonliving and does not heal itself once it is injured.” For this reason, once the hair is damaged it cannot heal itself except through new hair growth at the scalp.

Turn Down the Heat. Frizzy ends, hair breakage, and the smell of burned hair signals damage from too much heat. Dr. Barnett explains the condition as “bubble hair.” “Think of hair like a piece of steak – it starts out nice and soft and flexible. But when you cook it, the steak changes texture and becomes hard. Protecting hair from too much heat is essential to maintaining healthy hair.” The only way to repair heat damaged hair is to get it cut and let it regrow. To prevent more damage, let hair air dry whenever possible.