

RISE: THERE'S A RECORD HEAT WAVE THIS SUMMER. I'M RISE JILL MILLER.
AND TO COOL DOWN WE'RE SPENDING MORE TIME IN THE SURF, SAND
AND SUN – ALL OF WHICH CAN WREAK HAVOC ON HAIR. IN FACT, HOT
SUMMER WEATHER IS ONE OF THE MAIN FACTORS CONTRIBUTING TO
DRY, ROUGH AND FRIZZY HAIR.

**JORDAN REID, DOVE BRAND AMBASSADOR AND FOUNDER OF
RAMSHACKLEGLAM.COM, IS HERE TO SHARE HER TIPS FOR REPAIRING
HAIR FROM THE SUMMER ELEMENTS**

JORDAN: NOURISHMENT IS THE KEY TO REPAIRING DRY AND ROUGH HAIR THAT IS
STRESSED FROM SUN EXPOSURE, CHLORINE AND HUMID
TEMPERATURES.

I LIKE TO USE THE DOVE INTENSIVE REPAIR DAILY TREATMENT
CONDITIONER TO TREAT MY DAMAGED SUMMER HAIR. I LOVE THAT IT
GIVES HAIR THE NOURISHMENT OF A SALON TREATMENT AT THE SPEED
OF A REGULAR CONDITIONER. MY HAIR IS LEFT FEELING STRENGTHENED,
SOFT AND SMOOTH AND INTENSELY NOURISHED IN JUST ONE MINUTE –
AND DOESN'T FEEL WEIGHED DOWN AT ALL.

RISE: ANY OTHER SUGGESTIONS FOR HAIR CARE?

JORDAN: FOR A DAY AT THE BEACH I LOVE TO WEAR A BRIGHT SILK HEAD SCARF
TO GIVE MY HAIR EXTRA PROTECTION FROM THE SUN.

RISE: FOR MORE INFO AND TIPS ON SUMMER HAIR REPAIR, VISIT DOVE DOT
COM.