

**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 REPARING 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.