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# 6 EASY WAYS TO UNDO HAIR DAMAGE

No one wants a head of straw. Here's how to fix the mess.

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**Straighten Extremely Gently**

Repeat after us and your hair will thank you: I will not overexpose my hair to the flatiron. Read the manufacturers' instructions and don't exceed the maximum suggested time. (It's typically about five seconds.) Using a flatiron only once a week and swearing off all but irons with ceramic plates, like the Salon Tech Silicone 450 Professional Hairstyling Iron, helps further. Fans of chemical straightening should consider switching to a keratin treatment, which adds a smooth coating to each strand but doesn't mess with the cortex. (Liquid Keratin 30 Day Straight is a good at-home version.) Just steer clear of anything called "Brazilian straightening"; the treatment may contain dangerous levels of formaldehyde.

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PHOTOS: MICHAEL THOMPSON (COVER), DAVID STESNER (2), DAN DRURY, TURBOPOWER, DAVID STESNER, INFUSIUM

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