

3 tips for shiny, healthy hair

If you're a new mom, your to do list is never ending because of the round the clock care your new baby needs. With all of the changes that come with being a new mother, finding time for your hair needs might be a challenge.

hair care and styling tips for new moms

- 1 Regular shampooing and conditioning helps repair damage and lock moisture in every strand. The advanced **Pantene Pro-V Medium to Thick Hair Solutions Breakage to Strength Shampoo and Conditioner** penetrates every strand and leaves hair silky, smooth, and shiny.
- 2 Hair can tangle very easily. To help prevent breakage from combing and brushing, use the **Pantene Pro-V Medium-Thick Hair Solutions Silkening Detangler**. Spray detangler through wet hair for manageability and a silky appearance.
- 3 For a no fuss smooth, sleek look, use the **Pantene Pro-V Medium-Thick Hair Straighten & Smooth Crème**. Apply a small amount in your palm and work through with fingers on wet or dry hair. If your hair is straight, pull back in a low ponytail for a sleek look. For thick & wavy hair, pull back in a headband for an easy to maintain clean look.



Following these simple hair care tips will give you beautiful results and allow you to focus on the more important things in life, like spending quality time with your new baby.

- > Attend that Mommy and Me class you have been putting off
- > Look through old photos with your baby
- > Enjoy a stroll on a beautiful day through the park with your baby
- > Spend a quiet afternoon cuddled up on the couch with your baby



< **Common Hair Changes For New Moms** Hair changes over time, especially for new moms. Hair shedding is one the most common and noticeable changes. Hair texture may also appear dull and lifeless. To help restore your hair's healthy shine without breaking the bank, Pantene designed a system customized specifically for your hair type, the **Pantene Pro-V Medium to Thick Hair Solutions Breakage to Strength System**.

For more information on all of Pantene's products and for recommendations on the right products for your hair type, visit Pantene.com/productfinder.

a product for every hair type >>

With their new understanding of hair's structure and how it can affect style, **Pantene Pro-V** created solutions for your unique hair needs. Whether you have Medium-Thick, Fine, Curly or Color-Treated hair, Pantene Pro-V offers a solution to get the beautiful healthy hair you love.

Medium - Thick Hair Medium to thick hair tends to be prone to damage at the surface due to its many overlapping layers. The rougher the surface, the more vulnerable the hair fiber is to dullness and damage like breakage and split-ends, that can contribute to shedding. The **Pantene Pro-V Medium-Thick Hair Solutions Breakage to Strength** system is designed to help strengthen hair against breakage and split-ends, resulting in less shedding from breakage and a healthy looking shine.

Fine Hair Fine hair has up to 50% less protein than thick hair, which can leave it limp and weak. **Pantene Pro-V Fine Hair Solutions** are designed to reinforce the structure of fine hair for a full, healthy look.

Curly Hair The twists and turns of curly hair cause cuticles to lift and weaken, which can ultimately leave hair rough and difficult to control. The **Pantene Pro-V Curly Hair Series** delivers options for damage protection and long-lasting curl definition with frizz control.

Color Hair Color-treated hair's structure becomes chemically altered during the coloring process making it rough and dull. The **Pantene Pro-V Color Hair Solutions** gives hair a protective layer, leaving it beautifully shiny.

