



Mixing and Matching Products - Is it Holding you Back?

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1. Try using one salon quality brand for 3 months
2. Incorporate Low/No heat styling techniques for 3 months
3. Protective style the hair whenever possible.

Today, we are going to talk about the first concept, committing to one salon quality brand for 3 months. When you mix and match products, your hair is constantly in "shock", trying to adjust to the new ingredients and product formulations. Sometimes the best thing we can do for our hair is to give it some consistency! In addition, it may be hard to notice the benefits of the product because they are really designed to be used together!

For example, a lot of product lines have a clarifying shampoo. When used alone, it will leave the hair and scalp super dehydrated. When used with its "sister" conditioning shampoo, the hair feels super moisturized and healthy.

In addition, the other styling products tend to build on the "foundation" set by the shampoo and conditioner. They may have similar ingredients that compound with usage.

In my experience, using one line of products has consistently led to the healthiest head of hair and is always the best bet for those new to DIY haircare or simply looking to maintain a healthy head of hair. It may be a bit boring but I do recommend it if you are trying to obtain a certain condition of hair or goal length in a short period of time.

I also prefer "salon quality" brands as they tend to use higher quality ingredients and, since they have to perform well in salons, seem to be more committed to research, science and product development. In short, they are held to higher standards.

Lastly, I recommend product lines, not simply brands. This means they must have a shampoo, conditioner, leave-in, moisturizer and serum or oil.

Why? I prefer brands that have "thought it through". They didn't just make a shampoo or conditioner and styling aid. They were brands that focused on "styling" AND "maintenance". To me, this means the brand is concerned with healthy hair, not just "style".

I know that these products can be expensive but a little bit does go a long way. And if it helps you hair become healthier faster, isn't it worth it?

Here are the top five product lines I recommend: (Please note - these are based on my own observations and experiences with the product)

1. Jane Carter Solution - Best Line for Overall Healthier Hair

These products are very high quality and they smell absolutely fantastic. Its a great line for relaxed, natural and color treated hair and they last a very long time.

I love these products because they really seemed to improve the elasticity and strength of the hair with more

natural ingredients. I noticed my hair broke less, shed less and was extremely healthy when I committed to this line.

I have not tried the sulfate free shampoo yet but I highly recommend the Nutrient Replenishing Conditioner, Revitalizing Leave-In Conditioner, Nourish and Shine Moisturizer, Hair Nourishing Serum and Scalp Nourishing Serum.

I recommend this product for anyone looking to improve the condition of their hair in a short period of time.

2. Keracare - Best Line for Thick, Coarse Hair

The perfect line for thick, coarse hair. One of the things I love about Keracare is how emollient their products are. It literally feels like your hair is taking a bath in their products.

Their shampoos are super luxurious and the conditioners are super thick, dense and nutritious. For hair that soaks up moisture and need a lot of conditioning, this product line is for you.

I love the Hydrating Detangling Shampoo, Humecto conditioner and their Conditioning Cream Hairdress moisturizer the best. The Leave-In Conditioner is ok and the Silken Serum is great for blowdrying but may be too heavy for setting.

I highly recommend this line for thick heads of hair that need extra conditioning.

3. Mizani - Best Line for Normal Hair

This is a great line for "normal" hair, which just means in between thick and fine hair. The products are neither too thick nor too light. They are super fragrant and great at conditioning the hair.

I recommend the Botanifying Shampoo, Moisturize Conditioner (alternated with the Fufyl Conditioner), D'Tangle Leave-In Conditioner and Rose H2O Moisturizer.

Its a great staple line for weekly maintenance and has some of the best conditioners on the market.

4. Design Essentials - Best Line for Fine Hair

This line is great because it doesn't weigh down the hair like other products. The shampoos are luxurious and the conditioners are emollient but they don't hang on the hair, which is great for fine hair.

I really like the Conditioning shampoo and Stimulation conditioner. The Express conditioner is great if you are in a bind and the HCO leave-in conditioner keeps the hair manageable and soft. The moisturizer is nice and light and the sheen spray adds a nice light shine.

The only downside with this product line is that the scent is not very assertive and the ingredients are not great - sulfates, parabens, etc.

5. Organic Root Stimulator - Best Line for Weak or Breaking Hair

This line has a lot more protein based products so if your hair is breaking or structurally weak, this is the line for you.

I have not tried the Creamy Aloe shampoo but I always recommend the ORS Replenishing Pak and ORS Mayo. They are strengthening conditioners that can be used weekly (I would use the mayo bi-monthly) to increase the thickness and condition of the hair.

The ORS olive oil (in a jar) will keep the hair moisturized and full of sheen so it is a great daily moisturizer.

The ORS carrot oil moisturizer really helps strengthen and prevent split ends. They also have a fertilizing balm for thinning edges. Just be careful as it has a lot of protein based products and these can dry out your hair over time. The only other downside is that they products do not have the best scent!

What are some of your favorite product lines? What do you love about them? ***You must be a member to create and view comments!***

- [Product Review - Mizani Rose H2O Conditioning Hairdress](#)
- [Product Review - Mizani Botanifying Shampoo and Moisturize Conditioner](#)
- [Product Review - Design Essentials Express Instant Moisturizing Conditioner](#)
- [VIDEO Product Review - Design Essentials Stimulation Super Moisturizing Conditioner](#)
- [Product Review - Keracare First Lather Review](#)
- [Product Review - Keracare Dry and Itchy Scalp Shampoo and Conditioner](#)