Hair Smarts

Celeb hair stylist Ursula Stephen, creator of Rihanna's signature bob, designed this quiz to test your knowledge.

September 1, 2009 By Ursula Stephen

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1. How often should you trim your hair?
a. Every six to eight weeks
b. Every two weeks
c. Once a year
d. Only when you notice breakage

2. What preserves hair color longevity?
a. Color-enhancing shampoo
b. Shampoo hair less
c. Deep conditioner
d. Retouch every two weeks

3. What is the best way to grow out a bob?
a. Increase the time between salon visits
b. Cut it into another style
c. Trim every two weeks
d. Deep condition once a month
e. Wear it in a ponytail

4. What is a great frizz-eliminating product?
a. Shine serum
b. Grease and water
c. Wax
d. Hair spray

5. Do this before you flatiron or blow-dry.
a. Apply a heat protectant spray/cream
b. Have hair trimmed
c. Shampoo
d. Condition

6. Vitamin recommended for hair growth.
a. Biotin
b. Vitamin C
c. Vitamin B-12
d. Vitamin A

7. Do this to keep flatironed/blow-dried hair in good shape.
a. Apply a hair mask once or twice a month
b. Use a moisturizing shampoo
c. Cut off the dry ends
d. Curl it

8. A great natural moisturizer for dry hair.
a. Olive oil
b. Castor oil
c. Vitamin E
d. All of the above

9. This ingredient maintains natural hair.
a. Glycerine
b. Alcohol
c. Fruit extract
d. Silicone

10. What’s the biggest cause of hair damage?
a. Hair color
b. Extensions
c. Blow-drying
d. All of the above

ANSWERS:
1) a, 2) a, 3) a, 4) a, 5) a, 6) a, 7) a, 8) a, 9) a, 10) d

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